



**State of Utah, Dept. of Human Services
Division of Substance Abuse and Mental Health**

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**2005 Utah Higher Education Health Behavior
Survey Final Report**

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STATE OF UTAH
DEPARTMENT OF HUMAN SERVICES
DIVISION OF SUBSTANCE ABUSE AND MENTAL HEALTH
UTAH HIGHER EDUCATION HEALTH BEHAVIOR SURVEY
2005 RESULTS

EXECUTIVE SUMMARY

During the spring of 2005, the Utah Division of Substance Abuse and Mental Health (DSAMH) conducted a second statewide survey of college students called the **Utah Higher Education Health Behavior Survey** (College Survey). The first college survey was conducted in the spring of 2003 with 4,658 participants. This 2005 survey was completed by a total of 11,828 students attending the nine Utah public colleges and Westminster College. In order to make comparisons to the results of the 2003 survey, only the results from the nine public colleges are presented in this report. The participating public colleges include College of Eastern Utah (CEU), Dixie State College (Dixie), Salt Lake Community College (SLCC), Snow College (SNOW), Southern Utah University (SUU), University of Utah (UU), Utah State University (USU), Utah Valley State College (UVSC), and Weber State University (Weber).

The 2005 College Survey had several objectives: 1) assess the prevalence of alcohol, tobacco, and other drug (ATOD) use on Utah campuses, 2) measure the need for substance abuse treatment by college students, 3) gain information about health and safety issues facing college students, 4) measure students' perception of substance abuse prevention and policies on campus, 5) measure the levels of selected risk factors for substance abuse, and 6) compare the results to those obtained from the 2003 College Survey.

Survey Sample, Completion Rate, and the Ability to Generalize the Results

The Utah College Survey was designed to provide valid results at the state level as well as the individual campus level. Thus, the survey was designed to sample students from each college according to the population of the college and the number of students in each college class level (freshmen, sophomore, junior and senior). The survey was designed to sample 9,431 students across the state which would allow detailed analyses for each college. This goal was exceeded by the colleges (11,828 surveys were completed) and several colleges conducted additional surveys of select groups such as fraternities, sororities, and athletes. A comparison between the demographics of those who completed the survey and all students enrolled in Utah colleges showed that the characteristics of the survey sample were similar to the Utah college population. Thus, the survey produced sufficient data to allow analyses that can be used for prevention and treatment planning for Utah's college population. The analyses of the 2005 College Survey data included weighting the data to account for the large representation of students at the smaller campuses. For example, The College of Eastern Utah accounted for 7.6% of the sample, yet only

comprises 1.7% of the total Utah campus enrollment. Thus, without weighting, CEU would be over-represented in the state-wide analysis. There were also some changes that were made to the data from the 2003 survey prior to making comparisons to the 2005 survey. These included the addition of surveys conducted by SLCC and Weber that were conducted in the spring of 2004 and weighting the data to make it comparable to the 2005 data. Thus, the results presented in this report will not match exactly those presented in the 2003 report. The final number of surveys included in the 2003 database and used for comparison is 6,336.

Summary of Results

Lifetime Use of Alcohol, Tobacco, and Other Drugs (ATODs)

It is obvious from the survey results shown in Table 1 on the following page that fewer Utah college students report having used substances in their lifetime than other students in the United States. The national survey that was used for comparison is the University of Michigan survey called Monitoring the Future (MTF). The latest results from the MTF survey are from 2003. Having comparison groups is important to better understand the results of the Utah College Survey. Utah students have a lifetime use rate of alcohol, marijuana, and ecstasy that is less than one-half the rate of the national sample. The substances most often used at least once by Utah students are alcohol (44.2%), cigarettes (31.3%), and marijuana (26.3%). The wording of the questions that asked about sedative use changed slightly from the 2003 survey to the 2005 survey. In the 2003 survey, the questions asked respondents whether they had used “sedatives (downers, ludes)?” In 2005, the question had been updated and asked respondents whether they had used “sedatives (tranquilizers, such as valium or xanax, barbiturates, or sleeping pills)?” This change resulted in sedatives on the College Survey being comprised of two MTF categories, tranquilizers and barbiturates. The highest use category from MTF, tranquilizers, is reported in Table 1.

A comparison of the results from 2003 to 2005 reveals that the use rate for most substances remained fairly constant with the exception of stimulants which decreased to approximately one-half the 2003 rate (12.7% to 6.1%). Heroin or other opiate use increased from 2.3% to 4.8% but is still much lower than the national average.

Past Year ATOD Use

As with lifetime use, the ATOD past year use rate for the national sample is substantially higher than the Utah sample. For example, Utah students have approximately one-quarter the rate of use of hallucinogens, cocaine, stimulants, and heroin or other opiates and one-third the use rate for alcohol, marijuana, and ecstasy as other students in the United States. The new sedative category for 2005 resulted in an apparent doubling of sedative in use from 2003 to 2005 (2.5% to 5.8%). This increase is probably due to more drugs included in the category rather than an increase in sedative use. See Table 1 on the following page for more detail.

Past Month ATOD Use

Current substance use by Utah college students (use in the 30 days prior to the survey) is much lower than students nationally. Like use in the past year, Utah students have approximately one-third the rate of use in the past 30 days for cigarettes, alcohol, cocaine, and any drug and less than one-quarter the use rate of marijuana, hallucinogens, and stimulants than other students in the United States. A comparison to the results of the 2003 survey reveals that with the exception of stimulants that decreased from 2.7% to .6%, substance use rates did not show any large changes. See Table 1 for more information on 2003, 2005, and MTF ATOD use rates.

Table 1: Lifetime, Past Year, and 30-Day Substance Use: Utah College Students 2003 and 2005

| Substance | Lifetime | | | Past Year | | | 30-Day | | |
|--|--------------|--------------|-------------|--------------|--------------|-------------|--------------|--------------|-------------|
| | Total | | | Total | | | Total | | |
| | Utah 2003 | Utah 2005 | MTF 2003 | Utah 2003 | Utah 2005 | MTF 2003 | Utah 2003 | Utah 2005 | MTF 2003 |
| Tobacco (Cigarettes and Smokeless Tobacco) | 27.1 | 32.7 | --- | --- | --- | --- | 9.5 | 8.7 | --- |
| Cigarette | 25.7 | 31.3 | --- | --- | --- | 35.2 | 8.6 | 7.9 | 22.5 |
| Chewing tobacco | 9.9 | 11.6 | --- | --- | --- | --- | 1.5 | 1.6 | --- |
| Alcohol | 39.7 | 44.2 | 86.2 | 27.8 | 30.4 | 81.7 | 20.4 | 22.1 | 66.2 |
| Marijuana | 24.0 | 26.3 | 50.7 | 10.2 | 9.1 | 33.7 | 5.4 | 4.6 | 19.3 |
| Hallucinogens | 8.0 | 8.8 | 14.5 | 2.1 | 1.6 | 7.4 | 0.4 | 0.4 | 1.8 |
| Cocaine | 6.6 | 7.0 | 9.2 | 1.8 | 1.8 | 5.4 | 0.7 | 0.5 | 1.9 |
| Inhalants | 4.7 | 6.6 | 9.7 | 0.5 | 0.8 | 1.8 | 0.2 | 0.2 | 0.4 |
| Stimulant | 12.7 | 6.1 | 12.3 | 5.2 | 1.8 | 7.1 | 2.7 | 0.6 | 3.1 |
| Sedatives | 5.8 | 8.9 | *11.0 | 2.5 | 5.8 | *6.9 | 1.3 | 2.6 | *2.8 |
| Heroin or Other Opiates | 2.3 | 4.8 | 14.2 | 0.5 | 2.2 | 8.7 | 0.3 | 1.0 | 2.3 |
| DXM (cough syrup) | --- | 3.4 | --- | --- | 0.8 | --- | --- | 0.2 | --- |
| MDMA (Ecstasy) | 5.7 | 4.8 | 12.9 | 1.9 | 1.5 | 4.4 | 0.4 | 0.4 | 1.0 |
| Other Club Drugs | 0.2 | 1.9 | --- | 0.1 | 0.4 | --- | 0.1 | 0.1 | --- |
| Any Drug | 28.9 | 30.1 | 54.1 | 14.5 | 14.0 | 36.0 | 8.3 | 7.4 | 21.9 |
| * MTF value for Tranquilizers | | | | | | | | | |
| --- Indicates an area where data could not be gathered or is not available | | | | | | | | | |

ATOD Use by Participant Characteristics

Binge drinking is defined as having five or more drinks at a sitting. Males engage in binge drinking more than females (males = 14.0%, females = 9.7%), those from another country binge drink (29.2%) more than those from Utah (11.0%), and individuals in fraternities or sororities have the highest rate of binge drinking at 60.0%. Unlike 2003 results, freshmen did not binge drink (11.4%) at a rate higher than students in other classes. Students 24 years of age and younger used cigarettes in the past 30 days at about one-half the rate (6.4% compared to 11.9%) of students older than 24 and part-time students smoked more than full time students (12.3% to 6.6%). The groups with the highest smoking rates are fraternities/sororities at 60% and separated or divorced individuals at 20.2%. Marijuana use was higher among males than females (5.5% to 3.8%) and highest among fraternity/sorority members (20.5%).

Risk and Protective Factors

In order to validate the risk factor approach with college students, the freshmen from the College Survey were compared to students in grade 12 from the 2003 Utah Student Health and Risk Prevention Survey (SHARP). The percent of students at risk can go from zero to 100 percent, and the values of Utah college freshmen, Utah college undergraduates, and Utah 12th grade students can be seen in Table 2. The college freshmen tend to be more at risk than the high school seniors for attitudes favorable toward drug use, and high school seniors tend to be more at risk for depression and rebelliousness.

Table 2: Risk Factors for Utah College Freshmen 2003, Utah 12th Grade High School Students 2003, Utah College Freshmen 2005, and Utah College Undergraduates 2005

| Risk Factors | Percent at Risk | | | |
|---------------------------------------|-----------------------------|---------------------------|-----------------------------|------------------------------|
| | 2003 College Freshmen | 2003 Grade 12 SHARP | 2005 College Freshmen | 2005 College Undergrad |
| Perceived availability of drugs scale | 33.3 | 40.4 | 26.7 | 25.1 |
| Attitudes favorable to drug use scale | 27.8 | 15.6 | 28.6 | 31.3 |
| Perceived risk of drug use scale | 18.8 | 23.6 | 20.8 | 22.3 |
| Rebelliousness scale | --- | 34.9 | 23.7 | 21.1 |
| Depressive symptoms scale | 16.8 | 38.0 | 16.5 | 14.3 |

--- Indicates an area where data could not be gathered or is not available

Depressive Symptoms

Rates of reporting depressive symptoms were compared for the following three groups: college freshmen, all college students, and Utah 12th graders. Over twice as many 12th graders as college students are at risk on the depressive symptoms scale. A review of responses on the four-point scale, 1) Definitely Not True, 2) Mostly Not True, 3) Mostly True, and 4) Definitely True, shows that the lower percentage for college students is a result of their reporting a much higher rate of “Definitely Not True” and a much lower rate of “Mostly True” to the following four items: Sometimes I think that life is not worth it; At times I think that I am no good at all; All in all, I am inclined to think that I am a failure; In the past year, have you felt depressed or sad MOST days, even if you felt OK sometimes. The differences between college students and 12th grade students held for all four items as well as for freshmen and all college students. Thus, it appears that high school students who choose to attend college do not report as high a rate of depressive symptoms as students who do not attend college.

Perceived Availability

A review of the scale items for availability of drugs shows that age of students certainly has an effect on their responses. For example, older students rate alcohol as easier to get than freshmen and 12th grade students, while a greater percentage of 12th grade students rate marijuana as very easy to get (39.9% as compared to 20.3% of college students).

Age of Initiation

College students were asked to report when, if ever, they first used ATODs. In calculating the average age of initiation, only the ages indicated by students who had used the substance before were taken into account. Students begin using inhalants before using any other substance. Of the college students who had used inhalants, the average age of first use was 15.3 years. Age of initiation for alcohol and marijuana are approximately the same – 16.4 and 16.6 years respectively, and students who used other illegal drugs indicated that they began using them at approximately 17 to 18 years of age. The age of initiation for college students is higher than that of Utah high school seniors. On the 2003 student survey, high school students report an average age of initiation for alcohol of 12.8 years, and marijuana 13.6 years. College students have a later average of initiation of ATOD use by over three years. The earlier young people begin using ATODs the greater the likelihood that they will have problems with these behaviors later on. For example, research shows that young people who initiate drug use before age fifteen are at twice the risk of having drug problems as those who wait until after age nineteen.

Drug and Alcohol Treatment Needs

The underlying assumption of the need for treatment analysis is that if an individual receives a diagnosis of substance dependence for any of the substances surveyed, that individual is assumed to need treatment. Six questions in the survey were used to determine need for treatment. Students were asked if they had ever done any of the following in the past 12 months: spent more time using drugs/alcohol than he or she intended, neglected responsibilities because of drugs/alcohol, wanted to cut down on drugs/alcohol use, had others object to his or her alcohol or drug use, frequently thought about using drugs/alcohol, and used drugs/alcohol to relieve bad feelings. Applying the criteria that three or more “yes” responses indicate need for treatment reveals that 9.1% of students need treatment for alcohol problems and 4.1% need treatment for drug problems, with a total of 10.8% of college students needing treatment for alcohol or drug problems.

Mental Health Treatment Needs

According to information published by the DSAMH, the Positive Mental Health Index (PMHI) is a sub-scale of the General Well-Being Schedule which focuses on symptoms and social functioning. In Utah, the PMHI has been used in statewide substance abuse need assessment studies to assist in identifying psychological distress and dysfunction. The results from the 2005 College Survey show that more students have clinically significant scores (need mental health treatment) than the general population. For male students, 22.6% need mental health treatment compared to 14.4% of the general population; and 32.1% of females need treatment compared to 16.9% for the general population.

Health and Smoking Issues

Because smoking is related to many health problems, smoking prevention and treatment programs have been implemented at the state and national levels. Among youth there has been a reduction in rates of smoking over the past several years. In this survey, 31.3% of the students

have tried cigarettes in their lifetime. Only 7.9% smoked during the past 30 days, compared to 8.6% in the 2003 College Survey. However, the number of individuals who smoke regularly (every day) is much less. When asked about how often they used cigarettes, 4.2% responded that they smoked regularly. Thus, the number of every-day smokers is quite low on Utah campuses.

When asked if they had (in the past year) stopped smoking for a day or longer because they were trying to quit smoking, almost half of the smokers (46.4%) reported “yes.” The services that individuals who smoked during the past year would use to quit include: calling a quit line (34.3%), going to a campus-based clinic or class (31.6%), counseling from a doctor or nurse (35.0%), self help materials (31.3%), or other methods (32.6%). Additionally, 74.1% of all students indicated that they would support a policy to make their campus tobacco-free.

Health and Safety Issues

The survey questionnaire asked each student for his or her height and weight to use to calculate their Body Mass Index (BMI). While not all students completed the height and weight questions, for those who did, the BMI was calculated and used to determine the relationship between BMI and exercise and dieting. Of all respondents who completed the height and weight questions, 4.4% were classified as underweight, 61.4% as normal, 23.2% as overweight, and 11.1% as obese. By participant characteristics, more males than females tend to be overweight (30.4% of males compared to 16.8% of females) and obese (11.8% of males compared to 10.5% of females). Age and marital status also appear to be a factor, as more students over the age of 24 were classified as overweight or obese than students 24 and younger, and more married, separated, divorced, widowed or cohabitating individuals were classified as overweight or obese than single individuals.

Other health and safety information gathered from the survey revealed that 8.9% of students reported driving under the influence (DUI) of drugs or alcohol, 0.6% reported being arrested for DUI, 89.1% reported wearing a seatbelt all of the time or most of the time when someone else was driving, and 89.7% reported wearing a seatbelt all of the time or most of the time when they were driving. Of the students who rode bicycles in the past year, 52.4% never or rarely wore a helmet. Most students do not eat the recommended five or more servings of fruits or vegetables per day (only 22.5% eat five or more servings per day).

Prevention Programs and Campus Policies

The College Survey contains several questions that inquire about campus ATOD prevention programs, campus policies, and student perceptions of ATOD use. Most students (70.4%) are aware that the campus has drug/alcohol policies and that campus personnel are concerned with drug/alcohol prevention (66.2%). However, over one-half (64.1%) do not know whether or not the campus has a drug/alcohol prevention program. It is interesting that most students (73.7%) support stricter discipline for campus drug/alcohol violations, however, they think that only 48.5% of other students on campus would support stricter discipline for campus drug/alcohol violations.

Perceived Substance Use

In order to determine student perception of ATOD use on campus, students were asked to indicate what percentage of students they believed had used each substance in the past year. Generally, students tend to overestimate ATOD use by their peers. However, the differences between perceived use and actual use is much less than was indicated by the results of the 2003 College Survey, when the question was asked as, “How often do you think the average student on your campus uses [specific drug]?” For example, in 2003, most students indicated that they thought the average student used alcohol (88.5%) and marijuana (79.5%) at least once in the past year. When the questions were changed to ask what percentage students perceived used the substances in the past year, it was clear that although students still overestimate the numbers of students who use alcohol, tobacco, and marijuana, students have a more realistic sense of the numbers of students using on their campuses. For example, students perceived that 42.3% of students on campus used alcohol in the past year and 21.9% used marijuana in the past year. In fact, as shown in Table 1, only 30.4% actually drank alcohol in the past year, and 9.1% actually used marijuana in the past year. These results still show that students overestimate ATOD use by their peers. Since the perception of ATOD use by others influences a student’s choice to use ATODs, it is important that information about actual use rates of the various substances be made available to students on campus.

Summary

The overall participation rate by Utah students in the **2005 Utah Higher Education Health Behavior Survey** was excellent, with over twice the number of respondents as the 2003 survey. In addition, most campuses were able to reach their goals at the class level so that valid analyses could be provided for freshmen, sophomores, juniors, and seniors; as well as for the campus overall. These results produced information that can be used for prevention and treatment planning for Utah’s college population. Overall, the rates of ATOD use for Utah students are much lower than for students nationally. For most substances, Utah students use at rates that are one-half to one-quarter the national rates.

INTRODUCTION

During the spring of 2005, the Utah Division of Substance Abuse and Mental Health (DSAMH) conducted a second statewide survey of college students called the **Utah Higher Education Health Behavior Survey** (College Survey). The first college survey was conducted in the spring of 2003 with 4,658 participants. This 2005 survey was completed by a total of 11,828 students attending the nine Utah public colleges and Westminster College. In order to make comparisons to the results of the 2003 survey, only the results from the nine public colleges are presented in this report. The participating public colleges include College of Eastern Utah (CEU), Dixie State College (Dixie), Salt Lake Community College (SLCC), Snow College (SNOW), Southern Utah University (SUU), University of Utah (UofU), Utah State University (USU), Utah Valley State College (UVSC), and Weber State University (Weber).

Prior to the survey, an agreement was made between the DSAMH and the participating colleges that the results would be analyzed and reported for the entire state (all participating colleges combined), and that the individual colleges would receive the results for their colleges to distribute as they deemed appropriate.

The survey had several objectives: 1) assess the prevalence of alcohol, tobacco, and other drug (ATOD) use on Utah campuses, 2) measure the need for substance abuse treatment by college students, 3) gain information about health and safety issues facing college students, 4) measure students' perception of substance abuse prevention and policies on campus, and 5) measure the levels of selected risk factors for substance abuse.

The college population is currently being targeted for additional prevention services by the federal government as well as the Utah Department of Human Services. Information contained in this report can be used by college prevention planners to plan appropriate prevention services for 18 to 25 year-old students in Utah. In addition, the DSAMH has Federal Block Grant requirements to perform regular needs assessments for both treatment and prevention services. The results from this survey will help to fulfill the prevention requirements. Finally, the information can be used by local agencies to provide appropriate prevention services to the 18 to 25 year-old student population.

This report is divided into five sections. The first section, **Survey Methods**, describes how the survey was conducted, who participated, and procedures that were used to ensure that valid information was collected. The second section, **Prevalence of Substance Use**, presents the use rates of ATODs for Utah college students. The third section, **Risk and Protective Factors for Substance Abuse**, provides a description of the Risk and Protective Factor Model of Substance Abuse Prevention, the risk factor scales measured in this survey, and the levels of risk. The fourth section, **Treatment Needs**, presents the results that asked about the need for substance abuse and mental health treatment. The fifth and final section presents **Health and Safety Issues** facing college students.

Throughout the report, results from the 2005 College Survey will be compared to the 2003 College Survey as well as the national Monitoring the Future Survey, and students in grade 12

from the Utah 2003 Student Health and Risk Prevention (SHARP) survey. The results from the state and national surveys will provide a comparison for the 2005 Utah College Survey results.

SURVEY METHODS

Survey Questionnaire

The UHEHBS was developed in a collaborative effort between the Utah Division of Substance Abuse and Mental Health (UDSAMH), the Utah Department of Health (UDOH), and the Utah State Substance Abuse Prevention Consortium (USSAP). Questions were drawn from the Youth Risk Behavior Survey (YRBS), the Prevention Needs Assessment Survey (PNA), the CORE Survey, the Behavioral Risk Factor Surveillance System (BRFSS), and the Monitoring the Future Survey (MTF). These surveys have all been used nationally, and have been extensively validated. The instrument developed for the UHEHBS consists of approximately 250 questions, and measures alcohol, tobacco, and other drug (ATOD) use, risk and protective factors, and health behaviors. The instrument yields data for each campus that can be compared to state-level and nationwide estimates. A copy of the Utah College Survey is contained in Appendix A. The final questionnaire was designed to measure the following variables and constructs:

- 1) Student demographics
- 2) Alcohol, tobacco, and other drug (ATOD) use in respondents' life-time, past year, and 30 days prior to the survey
- 3) Perceptions of ATOD use by other students
- 4) Age of first use of ATODs
- 5) The risk factor scales of perceived availability of drugs, favorable attitudes toward drug use, perceived risk of ATOD use, rebelliousness (replacing the sensation seeking scale used in the 2003 survey), and depressive symptoms
- 6) Mental health
- 7) Problems with ATODs and need for treatment
- 8) Perceptions of campus policies and resources, and general attitudes related to ATOD use
- 9) Health issues such as exercise, diet, weight gain or loss, body mass index, and sexual activity
- 10) Safety issues such as wearing a helmet while bicycle riding or seatbelt while riding in a car

After using the 2003 College Survey results, several changes to the survey form were requested by various stakeholders. A survey revision committee met several times and solicited suggestions from campus prevention staff. In addition, because the survey was quite long, an attempt was made to remove questions that had not been useful to campuses in the 2003 survey, or to combine or shorten questions wherever possible. Most of the questions on the 2005 survey match the 2003 survey. Some of the noteworthy changes that were made include the following:

- 1) The race/ethnicity question was changed to match CSAP's GPRA requirements.

- 2) “Cohabiting” was added as a response option in the relationship status question.
- 3) A question was added to assess student support of tobacco-free campuses.
- 4) Dextromethorphan (cough syrup) and prescription drug abuse questions were added.
- 5) Low use drugs (GHB, rohypnol, and Ketamine) were combined into a single question.
- 6) The examples of three drugs (inhalants, stimulants, and sedatives) were updated to reflect current lingo.
- 7) The wording of the perceptions of peer use questions was changed.
- 8) The sensation seeking scale was replaced with the rebelliousness scale.

Unlike the 2003 administration of the College Survey, all schools used the same survey form in 2005. An Internet version was made available to campuses which included the same questions as the paper form.

Survey Administration

Several procedures were used to administer the survey. The procedure used to administer most surveys was to ask class instructors to administer the survey to the students in their classes. Instructors were given specific instructions and a script that they read to their students prior to administering the survey (see Appendix B). The alternate procedure used by USU, SLCC, and UofU was to invite students to participate via the Internet. The invitation for the Internet survey is also in Appendix B. Each procedure will be described below.

The paper questionnaires were primarily administered in large, randomly selected classes at each institution. At the beginning of class, the instructor handed out the survey booklets. Instructions were read that informed the students that participation in the survey was voluntary, the results completely confidential, and that once completed, their booklets would be placed in an envelope and sealed. Participants were further instructed not to place any identifying information on the survey such as name or social security number. Once the survey was completed, the envelopes were picked up by a representative at each institution and given to the survey contractor to scan and analyze.

Students completing the online survey were invited to participate in different ways. At USU, a prevention staff member went to randomly selected classrooms and described the survey, including an incentive drawing, and asked students to participate. Students were given written information that included the web address and password for the survey. A staff member returned to the class at least two times to remind students to fill out the survey. At UofU and SLCC, an email was sent inviting students to participate online. At UofU, the email was sent to a randomly selected group of students, and follow-up emails were also sent. At SLCC, a combination of the two approaches was used. A prevention staff member visited randomly selected classrooms to invite students to participate, and an email was sent to all students with an SLCC email account. No follow-up emails were sent.

Students completing the online survey were given a password that could be used to log on to the Bach Harrison, L.L.C. web site. Once logged on, they completed the survey by clicking on their answers to the survey questions. The online survey questions were identical to those on the printed survey. Once students completed the survey, they were instructed to enter a second web address where they entered their name and contact information for an incentive drawing. There was no way that the two databases could be linked and thus the responses for each individual who completed the survey were completely confidential. The incentives varied across colleges but were in the form of tuition waivers and prizes worth approximately \$100.00.

Survey Sample, Completion Rate, and the Ability to Generalize the Results

The College Survey was designed to provide valid results at the state level, the individual campus level, and the academic class level within each campus. Thus, the survey was designed to sample students from each college according to the population of the college and the number of students in each college class level (freshmen, sophomore, junior and senior). Since surveys of this type generally have a 70% return rate, the sample required for a $\pm 5\%$ margin of error at the 95% confidence level was approximately 500 per class level. Table 1 contains the number of students enrolled in each campus, the needed sample size for both campus-level and class-level analyses, and the actual number of surveys returned. A review of Table 1 shows that most of the nine colleges were able meet or exceed the number of surveys needed, with 11,812 surveys completed (including oversamples). This represents a large increase over 2003, in which 4,658 surveys were completed (an additional 1678 surveys were collected in 2004 at Weber and SLCC for a total of 6336 surveys).

Table 1: Participating Colleges and Universities

| COLLEGE | Enroll-ment | Needed Sample | | Returned Surveys Mode and Type | | | 2005 Total surveys |
|-------------------|----------------|-----------------|----------------|-----------------------------------|--------------|----------------------------|--------------------------|
| | | Campus Level | Class Level | Paper | Online | Over- sample | |
| CEU | 2,471 | 332 | 717 | 845 | -- | Athletes 92 | 937 |
| DIXIE | 8,564 | 368 | 697 | 1,089 | -- | -- | 1,089 |
| SLCC | 25,711 | 379 | 746 | -- | 1,531 | -- | 1,531 |
| SNOW | 4,108 | 351 | 620 | 758 | -- | -- | 758 |
| SUU | 6,672 | 363 | 1,198 | 838 | -- | -- | 838 |
| U of U | 30,479 | 379 | 1,436 | 268 | 1,205 | -- | 1,473 |
| USU | 23,908 | 378 | 1,411 | 709 | 968 | Athletes 270 Greeks 179 | 2,126 |
| UVSC | 24,149 | 378 | 1,422 | 1,457 | -- | -- | 1,457 |
| Weber | 18,875 | 376 | 1,412 | 1,234 | -- | -- | 1,234 |
| Westminster | 2,470 | 781 | 908 | -- | 369 | -- | 369 |
| UTAH TOTAL | 147,407 | 4,086 | 10,567 | 7,198 | 4,073 | 541 | 11,812 |

Note: 16 students who took the online survey did not indicate which school they attended. These students are not included in the table above.

The response rates of the surveys are important because a low rate can introduce bias into the survey, even if the necessary number of surveys is collected. If a low number of students return the surveys relative to the number of invitations extended, then it would be reasonable to be concerned that a certain type of student is more likely to return the survey. If this is the case, the survey is no longer randomly selected and may not be representative of the student body. Because the schools used different methods of data collection, the return rates are variable. It was anticipated that the return rate would be approximately 70% for in-class surveys. Almost all students will complete a survey if they are in class when it is administered, however, some students will be absent from class that day. The return rates are calculated by examining the number of students enrolled in each participating class and comparing it to the number of students who are absent or who decline to participate. Unfortunately, this method relies on the instructor of each class to write down the numbers of students enrolled, absent, and declining. After removing the classes that did not provide good information (i.e., no information was provided or the number of surveys returned did not equal the number of students enrolled minus the absent or non-participating students), the data indicated that 74.6% of students took the survey in class, with 18.8% absent and 6.6% declining to take the survey. (It should be noted that if an instructor of a randomly selected class refused to administer the survey, this number was not figured into the response rate. It was assumed that refusal to administer the survey represented characteristics of the instructor and not the class, and therefore, the students should be randomly distributed among these instructors. Except in extreme cases, as when an entire department declines to administer the survey, this should not affect the representativeness of the sample.)

The online surveys were anticipated to yield a 25% response rate. The three schools that used the online method used slightly different methods. The University of Utah sent out 4746 randomly selected emails and follow-up reminders. Of these, 120 emails were sent back as undeliverable and 1205 students completed the survey. Therefore, the online response rate for the UofU was 26.0%. Utah State University invited 3062 students in randomly selected classrooms to participate online. An email reminder was sent to students who had provided their email addresses in the classes. The survey was completed by 968 students, yielding a response rate of 31.6%. Salt Lake Community College sent out approximately 20,000 emails and estimated that at least 25% of those email addresses were not in current use. (Students were also invited to take the survey in randomly selected classes; however, it is impossible to know how much overlap there was between students recruited in classes and students who received an email.) The survey was returned by 1530 students, yielding an approximate return rate of 10.2%. The low return rate for SLCC students was somewhat expected, as many SLCC students do not check their email and may not have access to computers.

As can be seen in Table 2 below, each of the nine public colleges contributed between 7.0% and 15.6% of the total state surveys. However, the campus populations contribute between 1.7% and 21.0% of the total Utah college student population. These disproportionate numbers were necessary in order to get enough surveys at each school to draw conclusions at the class level. However, for the state-level analysis, it was important that small schools did not over-contribute to the final results or that the larger schools did not under-contribute. Therefore, in the state-level analyses, the data were weighted so that each school contributed the same proportion to the

survey results as to the total college population. Weights for the 2005 data can be seen in Table 2.

Table 2: Comparison of Survey Participation with Campus Enrollment

| College Campus | Survey Participation | | Campus Enrollment | | Weighting Factor |
|-------------------------------|----------------------|---------|-------------------|---------|------------------|
| | Number | Percent | Number | Percent | |
| College of Eastern Utah | 813 | 7.6 | 2,471 | 1.7 | .22 |
| Dixie State College | 1,066 | 10.0 | 8,564 | 5.9 | .59 |
| Salt Lake Community College | 1,487 | 13.9 | 25,711 | 17.7 | 1.27 |
| Snow College | 746 | 7.0 | 4,108 | 2.8 | .41 |
| Southern Utah University | 827 | 7.7 | 6,672 | 4.6 | .60 |
| University of Utah | 1,445 | 13.5 | 30,479 | 21.0 | 1.56 |
| Utah State University | 1,664 | 15.6 | 23,908 | 16.5 | 1.06 |
| Utah Valley State College | 1,436 | 13.4 | 24,149 | 16.7 | 1.24 |
| Weber State University | 1,201 | 11.2 | 18,875 | 13.0 | 1.16 |
| Total Utah College/University | 10,685 | 100.0 | 144,937 | 100.0 | |

Note: Questionnaires of students who were dishonest or provided inconsistent responses have been removed from the above totals.

Westminster College was not included in the state-level analysis. There are several reasons for this. First, Westminster College did not participate in the 2003 survey. Second, Westminster did not collect the 2005 data during the same time frame as the nine public colleges. Whereas the other schools collected data during February of 2005, Westminster did not administer the survey until April. This time difference is significant due to the proximity of April to both Spring Break and final exams. Finally, being Westminster's first year of data collection, their sample size was low (comparable to several of the other schools in 2003). Therefore, Westminster was removed to make the 2003 and 2005 results as comparable as possible. The oversamples of athletes and Greek club members were also not included in the state-level analysis to avoid over-representing those groups in the total analysis as well. (The oversamples were not randomly selected.)

Survey Participants

The characteristics of the students who completed the survey along with selected characteristics of the overall Utah student population are presented in Table 3. The number and percentage of respondents in each category are shown. There were a total of 257 (2.2%) surveys that were eliminated from analysis due to inconsistencies in survey responses (see the validity section for a more complete description of the elimination criteria) leaving a total of 10,685 surveys that were analyzed and shown in Table 3.

The participants were divided nearly equally between males and females (male = 45.3% and females = 54.7%), however, males were slightly under-represented (state college enrollment is 51.4% male). The majority of respondents were White (88.5%) with the next largest groups being Hispanic (4.3%), American Indian (2.6%) and Asian (2.5%). These percentages roughly estimate the state enrollment with Whites slightly over-represented. None of the ethnicities were under-represented relative to enrollment numbers, in part because respondents could mark as many ethnicities as applied, instead of being forced to choose just one. ("Other" as a category

was underrepresented relative to enrollment statistics, probably also for this reason.) There was a large overrepresentation of full-time students (81.6% on the survey compared to 53.5% in actual enrollment) and younger students (76.3% compared to 64.2%). However, the survey and prevention programs generally target younger, full-time students and results from this population are important. The survey was successful at recruiting students from other states and countries, with in-state students being slightly overrepresented. In general, the survey results can be viewed as representing the student population that will be targeted for prevention programs.

Table 3: Participant Characteristics Compared to Characteristics of Enrolled Students

| | UT College Survey | | State College Enrollment* | |
|--|-------------------|---------|---------------------------|---------|
| | Number | Percent | Number | Percent |
| Total Honest | 10,685 | | 144,937 | |
| Gender | | | | |
| Male | 4,757 | 45.3 | 74,447 | 51.4 |
| Female | 5,748 | 54.7 | 69,904 | 48.2 |
| Class | | | | |
| Freshmen and Sophomores | 6,503 | 62.0 | 88,688 | 61.2 |
| Juniors and Seniors | 3,635 | 34.7 | 42,945 | 29.6 |
| Graduate Degrees (Ph.D., M.A., M.S., etc.) | 102 | 1.0 | 10,820 | 7.5 |
| Ethnicity | | | | |
| American Indian/AK Native | 273 | 2.6 | 1,612 | 1.1 |
| Hispanic | 464 | 4.3 | 5,041 | 3.5 |
| Asian | 263 | 2.5 | 3,511 | 2.4 |
| Pacific Islander | 127 | 1.2 | --- | --- |
| White | 9,456 | 88.5 | 115,715 | 79.8 |
| Black | 98 | 0.9 | 1,030 | 0.7 |
| Other (Please Specify) | 226 | 2.1 | 14,097 | 9.7 |
| Student Status | | | | |
| Full-time | 8,564 | 81.6 | 77,581 | 53.5 |
| Part-time | 1,933 | 18.4 | 67,356 | 46.5 |
| Age (Mean = 23.1 years) | | | | |
| 24 and Younger | 7,951 | 76.3 | 93,023 | 64.2 |
| 25 and Older | 2,474 | 23.7 | 51,914 | 35.8 |
| Current Residence | | | | |
| On-campus | 1,480 | 14.2 | --- | --- |
| Off-campus | 8,961 | 85.8 | --- | --- |
| Permanent Residence | | | | |
| In-state | 9,513 | 89.0 | 111,468 | 76.9 |
| USA, but other state | 860 | 8.0 | 19,053 | 13.1 |
| Country other than USA | 131 | 1.2 | 3,726 | 2.6 |
| Unknown/Unidentified | 181 | 1.7 | 10,690 | 7.4 |

Table 3 (Continued): Participant Characteristics

| | UT College Survey | | State College Enrollment* | |
|--|-------------------|---------|---------------------------|---------|
| | Number | Percent | Number | Percent |
| Total Honest | 10,685 | | 144,937 | |
| Relationship Status | | | | |
| Single | 7,256 | 69.2 | --- | --- |
| Married | 2,664 | 25.4 | --- | --- |
| Separated | 72 | 0.7 | --- | --- |
| Divorced | 292 | 2.8 | --- | --- |
| Widowed | 16 | 0.2 | --- | --- |
| Cohabiting | 187 | 1.8 | --- | --- |
| Currently Employed | | | | |
| No | 2,919 | 27.8 | --- | --- |
| Yes, full time | 2,503 | 23.9 | --- | --- |
| Yes, part-time | 5,069 | 48.3 | --- | --- |
| Religious Preference | | | | |
| Catholic | 465 | 4.4 | --- | --- |
| Jewish | 26 | 0.2 | --- | --- |
| LDS | 7,942 | 75.7 | --- | --- |
| Protestant | 191 | 1.8 | --- | --- |
| Other | 791 | 7.5 | --- | --- |
| No preference | 1,080 | 10.3 | --- | --- |
| * Demographics for the State College Enrollment were found in the <i>Utah System of Higher Education 2005-2006 Data Book</i> . | | | | |
| ** --- Indicates an area where data could not be gathered or is not available. | | | | |

Validity of the Data

In general, the completion rates for the 2005 College Survey were good with an overall completion rate of 74.6% for in-class surveys and 28.3% for the online surveys (not including SLCC which had a low return rate of 10.2% due to unique characteristics of their student population). Additionally, the fact that the demographics of the sample are representative of the overall college population, and almost all of the completed surveys were valid, makes these results a good estimate of characteristics of the Utah college population.

Although the two survey modalities have response rates at or above the expected national rates, the two rates are very different. Therefore, a second validity check on the data was conducted to compare the paper surveys to the online surveys. Three campuses (SLCC, USU, and UofU) used both online and classroom surveys in the 2003 and 2005 College Surveys. (The other campuses used only classroom surveys both years.) Therefore, to compare the modalities, only these campuses were used, to reduce variance associated with the other schools. Additionally, 2003 and 2005 data were merged as the year of administration was not fundamental to this comparison. This combination yielded 4,611 online surveys and 1,690 classroom surveys. An examination of this data indicated that the results from these two modalities were very similar.

There were 1.6% dishonest online surveys and 0.5% dishonest classroom surveys. Women were slightly more likely to take the online survey, and freshmen and sophomores were slightly more likely to take the classroom survey. Otherwise, the demographics for the two modalities were strikingly similar. Reports of substance use were likewise very similar across the two modalities. Tables containing the comparison of the online and classroom surveys can be found in Appendix C.

The information presented in this report is based entirely on the truthfulness, recall, and comprehension of the students who participated in the survey. Many studies have shown that most students are truthful in their responses to the questions on similar surveys. For example, the trends over time are very similar for ATOD use in the nation and states that repeat the survey every few years. Also, the changes reported by young adults parallel the changes during the same period in admissions to treatment for substance abuse. Finally, the relationships between different kinds of behaviors and the problems that students report are very consistent over a wide range of studies. As will be seen below, the results of the 2005 College Survey are very similar to the results of the 2003 College Survey, which also indicates that the surveys provide valid estimates of student behavior.

This study was carefully designed to ensure honest responses from participants. The confidentiality of the survey was stressed through the instructions and administration procedures. Participants were assured that the survey was voluntary, anonymous, and confidential. They were told that no one would see their answers and that there was no way that a survey could be traced back to an individual student. Because the survey was anonymous, most of the reasons to exaggerate or deny behaviors were eliminated. However, several checks were built into the analysis to minimize the impact of students who were not truthful in their responses. There were 257 students (2.2%) who were eliminated because they reported an impossibly high level of substance use and/or survey responses were inconsistent (claimed to have used a substance in the past year but not in their lifetime). Other measures to reduce response bias included selecting well-researched items (for most of the survey) that had been used successfully in other surveys, carefully pre-testing the questionnaire to ensure that students understood the meaning of each question, using a well developed and tested administration protocol, and reading the same instructions to all students who participated in the survey.

PREVALENCE OF SUBSTANCE USE

Use of Alcohol, Tobacco, and Other Drugs (ATODs)

The results presented in this report are for students in the nine public Utah colleges who were deemed to be honest in their responses to the survey questions (not including oversamples of athletes or fraternities and sororities). Several levels of analysis were conducted with the College Survey data. Comparisons were made between Utah college students and various population groups such as Utah students in grade 12, and college students who participated in a national survey. The national survey used for comparison was the University of Michigan survey called Monitoring the Future (MTF). The latest results from the MTF survey are from 2004. In addition, 2003 College Survey data is compared to 2005 College Survey data. The statistical test of proportions was conducted for many of the results to determine whether or not the differences between the 2005 Utah College results and other surveys were statistically significant. Because the sample sizes are so large, most differences larger than two or three percent were significant at the $p < .05$ level. However, the small size of the differences (effect size) makes some of the differences less meaningful. Small but significant differences become more meaningful if a pattern of change can be seen over time. Generally, a difference of five percent or more can be viewed as meaningful (however, with very low numbers, smaller differences may be worth noting.) A complete list of survey questions and the number and percent of respondents who marked each choice can be seen in Appendix D.

The rates of ATOD use will be presented for lifetime use, use in the past year, and use in the 30 days prior to the survey (past 30 days). Lifetime use is a measure of the percentage of students who tried the particular substance at least once in their lifetime. For college students, early use may have been many years prior to the survey, but in this report the measure is included because it is generally a good indicator of the level of experimentation with a particular substance and knowledge of drug use. Use in the past year is much like lifetime use in that it can be use in the past; however, it captures more recent use and more importantly, use while the student was attending college. Use in the past 30 days is a measure of the percentage of students who used the substance at least once in the 30 days prior to taking the survey and is a more sensitive indication of the level of current use of the substance. Binge drinking, which will be presented in subsequent sections, is a measure of heavy use of alcohol.

Lifetime ATOD Use

Table 4 shows the percentages of college students who used the 14 categories of ATODs and “any drug” during their lifetime. The results are presented by males, females, and total because males and females typically have different use rates for many substances. Table 4 also contains the results of the 2003 College Survey by gender and the MTF survey for total substance use. As can be seen, the MTF results indicate that the national rates of substance use are much higher than those of Utah students. The national samples do not publish the rates for all of the substances measured by the Utah College Survey. The symbol “---” is used to designate substance use rates where national data are not available.

It should be noted that the numbers provided for the 2003 survey will not match the numbers provided in the 2003 College Survey Report. There are several reasons for this. First, in February of 2004, two campuses collected survey data. Weber State College had not collected data in February of 2003, and administered the 2003 College Survey for the first time in February 2004. Salt Lake Community College had administered the survey in 2003, but had such a low return (100) that they decided to re-administer the survey in 2004. Therefore, 853 surveys from Weber and 989 surveys from SLCC have been added to the 2003 survey results. In addition, because the data from the 2005 College Survey were weighted (as described above), in order to make the 2003 and 2005 data truly comparable, the data from the 2003 survey were weighted as well in the tables below. Finally, several of the substance use questions were changed from 2003 to 2005. Specifically, the 2003 survey asked respondents to indicate their level of amphetamine use and their level of methamphetamine use. In the 2005 survey, these were combined into a single question about stimulants. Similarly, in the 2003 survey, respondents were asked to indicate their level of use of GHB, rohypnol, and Ketamine. In 2005 these questions were combined into a single question asking about use of “club drugs other than MDMA.” In the 2003 data provided below, respondents were considered to have used “stimulants” if they indicated they had used either amphetamines or methamphetamines. Likewise, respondents were considered to have used “other club drugs” if they indicated they had used GHB, rohypnol, or Ketamine.

It is obvious from the results presented in Table 4 that Utah college students report having used most substances less in their lifetime than other students in the United States. Utah students have used alcohol, marijuana, and ecstasy at less than one-half the rate of the national sample. Sedatives and opiates appear to be exceptions, with both of these drugs showing a higher lifetime use rate than the national estimate and the 2003 Utah college student estimate. One explanation for this increase in the use of these two substances is that the wording was updated from 2003 to 2005. Whereas examples given for sedatives in the 2003 survey were “downers, ludes,” the examples given in the 2005 survey were “tranquilizers, such as valium or xanax, barbiturates, or sleeping pills.” Similarly, in 2003 the examples given for opiates were “heroin, horse, smack,” and the examples given in 2005 were “heroin, codeine, oxycontin.” Therefore, the increase in the number of students who have used these drugs may not mean that use rates are increasing. It may just mean that students are more likely to realize that the question is referring to a familiar drug. The substances most often used at least once by Utah students are alcohol (44.1%), cigarettes (31.4%), and marijuana (26.4%). The “any drug” category does not include the use of alcohol, tobacco, or smokeless tobacco. Utah generally has a high rate of problems related to Methamphetamines (Meth), and Salt Lake City received a national grant to deal with problems related to Meth. However, Meth use does not appear to be a problem for Utah college students since their lifetime use rate for stimulants is below the national average (6.0% for Utah students and 11.9% nationally).

Males generally use substances at a higher rate than females. The largest male-female difference is chewing tobacco (male = 19.6%, female = 4.8%). Lifetime use rates of most of the substances have increased from 2003 to 2005. This increase may be due in part to the increased sample size of the 2005 survey. Exceptions include the use of stimulants, which has decreased dramatically, and the use of ecstasy and other club drugs.

Table 4: Lifetime Substance Use: Males, Females, and Total

Utah Survey Results Compared to National Monitoring the Future (MTF) Surveys Results

| Substance | Lifetime Use | | | | | | |
|--|--------------|--------------|--------------|--------------|--------------|--------------|-------------|
| | Males | | Females | | Total | | |
| | Utah 2003 | Utah 2005 | Utah 2003 | Utah 2005 | Utah 2003 | Utah 2005 | MTF 2004 |
| Tobacco (Cigarettes or Smokeless Tobacco) | 29.4 | 36.1 | 24.6 | 29.5 | 27.1 | 32.7 | --- |
| Cigarette | 27.3 | 33.7 | 24.0 | 29.1 | 25.7 | 31.3 | --- |
| Chewing tobacco | 17.1 | 19.7 | 3.0 | 4.7 | 9.9 | 11.6 | --- |
| Alcohol | 39.6 | 43.4 | 39.2 | 44.6 | 39.7 | 44.2 | 86.0 |
| Marijuana | 25.6 | 28.3 | 22.3 | 24.5 | 24.0 | 26.3 | 49.5 |
| Cocaine | 7.8 | 7.1 | 5.5 | 6.7 | 6.6 | 7.0 | 8.2 |
| Stimulant | 10.5 | 6.3 | 15.2 | 5.8 | 13.0 | 6.1 | 11.9 |
| Sedatives | 6.4 | 9.1 | 5.4 | 8.7 | 5.8 | 8.9 | 5.9 |
| Hallucinogens | 9.3 | 10.0 | 7.1 | 7.5 | 8.0 | 8.8 | 13.6 |
| Opiates | 3.6 | 5.8 | 1.2 | 3.9 | 2.3 | 4.8 | 1.0 |
| Inhalants | 5.8 | 8.9 | 3.5 | 4.6 | 4.7 | 6.6 | 7.7 |
| DXM | --- | 4.7 | --- | 2.2 | --- | 3.4 | --- |
| Ecstasy | 6.2 | 5.1 | 5.5 | 4.5 | 5.7 | 4.8 | 12.7 |
| Other club drugs | 3.3 | 2.2 | 1.4 | 1.8 | 2.3 | 1.9 | --- |
| Any Drug | 30.1 | 32.0 | 30.1 | 28.4 | 30.2 | 30.1 | 51.8 |
| * --- Indicates an area where data could not be gathered or is not available | | | | | | | |

Lifetime substance use by college class level is presented in Table 5. Unlike the 2003 data, these results do not indicate that freshmen have the highest lifetime use rate of ATODs while seniors have the lowest lifetime use rate. Instead, in 2005, lifetime substance use looks relatively uniform across the class levels.

Table 5: 2005 Utah College Lifetime Substance Use: By Class Level

| Substance | Lifetime Use | | | |
|--|--------------|-----------|--------|--------|
| | Freshman | Sophomore | Junior | Senior |
| Tobacco (Cigarettes or Smokeless Tobacco) | 32.3 | 32.6 | 32.7 | 30.9 |
| Cigarette | 30.9 | 31.3 | 31.4 | 29.6 |
| Chewing tobacco | 10.7 | 11.3 | 12.6 | 11.7 |
| Alcohol | 43.6 | 43.8 | 43.9 | 43.3 |
| Marijuana | 26.9 | 26.2 | 25.4 | 24.9 |
| Cocaine | 7.7 | 6.8 | 6.7 | 5.6 |
| Stimulant | 6.4 | 6.0 | 5.8 | 5.2 |
| Sedatives | 9.9 | 8.6 | 9.3 | 7.5 |
| Hallucinogens | 7.9 | 8.9 | 9.3 | 8.1 |
| Opiates | 5.0 | 4.6 | 4.9 | 4.4 |
| Inhalants | 7.3 | 6.3 | 6.6 | 5.7 |
| DXM | 3.3 | 3.1 | 4.2 | 3.0 |
| Ecstasy | 4.5 | 4.4 | 5.4 | 5.1 |
| Other club drugs | 1.7 | 1.7 | 2.4 | 2.1 |
| Any Drug | 30.6 | 29.9 | 29.6 | 28.7 |

Past Year ATOD Use

Reported ATOD use during the year prior to the survey is shown in Table 6. As with lifetime use, male and female use rates are shown for Utah data and the combined totals are shown for Utah and the national sample. Again, the national samples are quite similar and show that the ATOD past year use rate for the national sample is substantially higher than the Utah sample. For example, Utah students have approximately one-third the rate of use in the past year for alcohol, marijuana, stimulants, hallucinogens, and ecstasy than other students in the United States. However, a review of the drugs with low use rates shows that there are some exceptions. For example, Utah students have higher rates of past year sedative and opiate use. Comparisons of 2003 and 2005 past year use rates indicate that Utah students reported less use of marijuana, stimulants, hallucinogens, and club drugs in 2005. However, Utah students reported greater use of alcohol, sedatives, and opiates. Male and female ATOD use during the past year is quite similar, with the exception of alcohol, which was used more by females in the past year.

Table 6: Past Year Substance Use: Males, Females, and Total
Utah Survey Results Compared to National Monitoring the Future (MTF) Results

| Substance | Past Year Use | | | | | | |
|-------------------------|---------------|--------------|--------------|--------------|--------------|--------------|-------------|
| | Males | | Females | | Total | | |
| | Utah 2003 | Utah 2005 | Utah 2003 | Utah 2005 | Utah 2003 | Utah 2005 | MTF 2004 |
| Cigarettes | 12.4 | 12.8 | 12.1 | 13.1 | 12.4 | 13.0 | 35.2 |
| Alcohol | 26.2 | 28.2 | 28.6 | 32.2 | 27.8 | 30.4 | 82.9 |
| Marijuana | 11.3 | 10.0 | 9.3 | 8.3 | 10.2 | 9.1 | 34.7 |
| Cocaine | 2.3 | 2.0 | 1.2 | 1.7 | 1.8 | 1.8 | 4.8 |
| Stimulant | 4.0 | 2.0 | 6.3 | 1.6 | 5.2 | 1.8 | 7.0 |
| Sedatives | 2.6 | 5.3 | 2.4 | 6.2 | 2.5 | 5.8 | 3.7 |
| Hallucinogens | 2.4 | 1.9 | 1.8 | 1.4 | 2.1 | 1.6 | 6.3 |
| Opiates | 0.7 | 2.7 | 0.2 | 1.7 | 0.5 | 2.2 | 0.1 |
| Inhalants | 0.7 | 0.9 | 0.3 | 0.6 | 0.5 | 0.8 | 2.0 |
| DXM | --- | 0.9 | --- | 0.8 | --- | 0.8 | --- |
| Ecstasy | 1.8 | 1.4 | 2.1 | 1.6 | 1.9 | 1.5 | 6.8 |
| Other club drugs | 1.2 | 0.5 | 0.3 | 0.3 | 0.8 | 0.4 | --- |
| Any Drug | 15.0 | 14.3 | 15.3 | 13.7 | 15.5 | 14.0 | 37.0 |

* --- Indicates an area where data could not be gathered or is not available

Past year substance use by college class level is presented in Table 7. A review of the results indicates that freshmen have the highest use rate of many ATODs while seniors have the lowest past year use rate. However, this difference is not nearly as large as it was with 2003 data. In 2003, freshmen used most substances at a rate approximately twice that of seniors. In 2005, the differences between the classes are smaller, and in some cases, the classes appear to use at very similar rates (for example, sedatives, hallucinogens, opiates, and ecstasy.)

Table 7: 2005 Utah College Past Year Substance Use: By Class Level

| Substance | Past Year Use | | | |
|-------------------------|---------------|-----------|--------|--------|
| | Freshman | Sophomore | Junior | Senior |
| Alcohol | 32.0 | 29.3 | 29.7 | 28.3 |
| Marijuana | 11.2 | 8.4 | 8.9 | 7.6 |
| Cocaine | 2.3 | 1.7 | 1.8 | 1.4 |
| Stimulant | 2.3 | 1.6 | 1.7 | 1.4 |
| Sedatives | 5.9 | 5.5 | 5.9 | 6.0 |
| Hallucinogens | 1.8 | 1.5 | 1.9 | 1.2 |
| Opiates | 2.4 | 2.0 | 2.3 | 1.9 |
| Inhalants | 1.2 | 0.8 | 0.6 | 0.6 |
| DXM | 1.1 | 0.9 | 0.9 | 0.3 |
| Ecstasy | 1.8 | 1.2 | 1.7 | 1.5 |
| Other club drugs | 0.4 | 0.5 | 0.5 | 0.4 |
| Any Drug | 15.9 | 13.2 | 13.7 | 12.6 |

Past Month ATOD Use

A review of Table 8 shows that current substance use by Utah college students (use in the 30 days prior to the survey) is again much lower than students nationally. Like use in the past year, Utah students have approximately one-third the rate of use in the past 30 days for cigarettes, alcohol, marijuana, cocaine, stimulants, hallucinogens, and inhalants as other students in the United States. Sedatives and opiates are exceptions, with Utah students reporting more use than students nationwide. Male 30-day use rates for nearly all substances is higher than, or approximately equal to, the rate for females.

A review of past 30-day use by class level indicates that use rates are fairly similar across the class levels, unlike in 2003, when freshmen reported greater 30-day use than seniors. Exceptions to this include cigarettes and cocaine, which are used more by freshmen than other classes. Past 30-day use rates by class level can be seen in Table 9.

Table 8: Past 30 Day Substance Use: Males, Females, and Total

Utah Survey Results Compared to National Monitoring the Future (MTF) Surveys Results

| Substance | 30-Day Use | | | | | | |
|--|--------------|--------------|--------------|--------------|--------------|--------------|-------------|
| | Males | | Females | | Total | | |
| | Utah 2003 | Utah 2005 | Utah 2003 | Utah 2005 | Utah 2003 | Utah 2005 | MTF 2004 |
| Tobacco (Cigarettes or Smokeless Tobacco) | 10.0 | 9.2 | 8.8 | 8.2 | 9.5 | 8.7 | --- |
| Cigarette | 8.5 | 7.5 | 8.6 | 8.1 | 8.6 | 7.9 | 26.7 |
| Chewing tobacco | 2.8 | 3.0 | 0.3 | 0.4 | 1.5 | 1.6 | --- |
| Alcohol | 19.5 | 21.9 | 20.6 | 22.2 | 20.4 | 22.1 | 68.9 |
| Marijuana | 6.7 | 5.4 | 4.1 | 3.8 | 5.4 | 4.6 | 19.7 |
| Cocaine | 0.9 | 0.5 | 0.6 | 0.5 | 0.7 | 0.5 | 1.6 |
| Stimulant | 2.4 | 0.7 | 3.0 | 0.5 | 2.7 | 0.6 | 3.0 |
| Sedatives | 1.4 | 2.5 | 1.3 | 2.6 | 1.3 | 2.6 | 1.7 |
| Hallucinogens | 0.5 | 0.5 | 0.4 | 0.3 | 0.4 | 0.4 | 1.2 |
| Opiates | 0.4 | 1.3 | 0.2 | 0.7 | 0.3 | 1.0 | 0.0 |
| Inhalants | 0.2 | 0.2 | 0.1 | 0.2 | 0.2 | 0.2 | 0.7 |
| DXM | --- | 0.2 | --- | 0.1 | --- | 0.2 | --- |
| Ecstasy | 0.7 | 0.4 | 0.2 | 0.4 | 0.4 | 0.4 | 0.7 |
| Other club drugs | 0.5 | 0.1 | 0.3 | 0.1 | 0.4 | 0.1 | --- |
| Any Drug | 9.5 | 8.0 | 8.3 | 6.8 | 9.0 | 7.4 | 21.5 |

* --- Indicates an area where data could not be gathered or is not available.

Table 9: 2005 Utah College 30-Day Substance Use: By Class Level

| Substance | 30-Day Use | | | |
|--|------------|-----------|--------|--------|
| | Freshman | Sophomore | Junior | Senior |
| Tobacco (Cigarettes or Smokeless Tobacco) | 10.7 | 8.2 | 7.6 | 7.3 |
| Cigarette | 10.1 | 7.2 | 7.0 | 6.5 |
| Chewing tobacco | 1.7 | 1.7 | 1.4 | 1.7 |
| Alcohol | 21.3 | 21.0 | 22.4 | 22.4 |
| Marijuana | 4.7 | 4.5 | 5.0 | 4.1 |
| Cocaine | 0.7 | 0.4 | 0.5 | 0.3 |
| Stimulant | 0.5 | .7 | 0.5 | 0.6 |
| Sedatives | 2.6 | 2.5 | 2.5 | 2.7 |
| Hallucinogens | 0.5 | 0.4 | 0.6 | 0.2 |
| Opiates | 1.1 | 1.1 | 0.9 | 0.8 |
| Inhalants | 0.4 | 0.2 | 0.1 | 0.1 |
| DXM | 0.2 | 0.2 | 0.2 | 0.0 |
| Ecstasy | 0.3 | 0.4 | 0.7 | 0.4 |
| Other club drugs | 0.0 | 0.1 | 0.3 | 0.0 |
| Any Drug | 7.6 | 7.5 | 7.5 | 6.9 |

ATOD Use by Participant Characteristics

The use of ATODs varies between different campus groups. In previous sections of this report, gender and class level were discussed. In this section, ATOD use rates of other groups of students with given characteristics will be discussed. One area that was not discussed previously was binge drinking. Binge drinking is defined as drinking five or more drinks on one or more occasions in the two weeks prior to taking the survey. As can be seen in Table 10, males engage in binge drinking more than females (males = 14.0%, females = 9.7%) Part-time students binge drink more than full-time students (14.6% compared to 10.9%). While the results need to be interpreted with caution, the individuals that are most likely to engage in binge drinking are fraternity or sorority members with a rate of 60.0%, cohabitating students (40.1%), students from other countries (29.2%), non-LDS students, and students who rarely or never attend religious activities. While students from other countries tend to drink alcohol more than other students, they use less marijuana and other drugs than students from Utah. Students from other states tend to use drugs more than Utah students.

When students younger than 25 are compared to students 25 and older, the main finding is that older students use tobacco at almost twice the rate of younger students (11.9% compared to 6.4%). This finding may be due to the fact that much of the tobacco prevention effort over the past years has targeted young people. Other studies have also shown that the rate of smoking among high school students has decreased significantly over the past years. Students 25 and older also drink more alcohol than students younger than 25, but are no more likely to binge drink. The higher rate of drinking among the 25 and older students is probably due in part to the fact that all of the students in that age range can legally drink.

Perhaps the most consistent predictors of ATOD use among Utah college students are grade point average, attendance at religious services, and religious preference. The results in Table 10 reveal that use of ATODs decreases with increased grade point average and increased attendance at religious activities, and is very low for members of the LDS religion.

| Table 10: ATOD Use by Participant Characteristics - Weighted Sample | | | | | | |
|--|---------------------------|-----------------------|-----------------------|--------------------------|-------------------------|------------------------|
| | Number in Category | Binge Drinking | Alcohol 30-Day | Cigarettes 30-Day | Marijuana 30-Day | Any Drug 30-Day |
| Total Percent | 10,522 | 11.7 | 22.1 | 7.9 | 4.6 | 7.4 |
| Gender | | | | | | |
| Male | 4,792 | 14.0 | 21.9 | 7.5 | 5.5 | 8.0 |
| Female | 5,658 | 9.7 | 22.2 | 8.1 | 3.8 | 6.8 |
| Academic Year | | | | | | |
| Freshman | 2,757 | 11.4 | 21.3 | 10.1 | 4.7 | 7.6 |
| Sophomore | 3,193 | 10.9 | 21.0 | 7.2 | 4.5 | 7.5 |
| Junior | 2,340 | 12.6 | 22.4 | 7.0 | 4.9 | 7.5 |
| Senior | 1,804 | 11.8 | 22.4 | 6.5 | 4.2 | 6.9 |

| Table 10 (Continued): ATOD Use by Participant Characteristics - Weighted Sample | | | | | | |
|--|---------------------------|-----------------------|-----------------------|--------------------------|-------------------------|------------------------|
| | Number in Category | Binge Drinking | Alcohol 30-Day | Cigarettes 30-Day | Marijuana 30-Day | Any Drug 30-Day |
| Total Percent | 10,522 | 11.7 | 22.1 | 7.9 | 4.6 | 7.4 |
| Age | | | | | | |
| 24 and Younger | 7,653 | 11.8 | 20.0 | 6.4 | 4.7 | 7.5 |
| 25 and Older | 2,729 | 11.5 | 28.3 | 11.9 | 4.4 | 7.2 |
| Student Status | | | | | | |
| Full-Time | 8,222 | 10.9 | 19.8 | 6.6 | 4.5 | 7.2 |
| Part-Time | 2,217 | 14.6 | 30.3 | 12.3 | 5.0 | 8.0 |
| Residency While In School | | | | | | |
| On-Campus | 1,322 | 13.5 | 22.8 | 5.7 | 4.5 | 7.2 |
| Off-Campus | 9,042 | 11.4 | 22.0 | 8.1 | 4.6 | 7.5 |
| Permanent Residence | | | | | | |
| In-State | 9,509 | 11.0 | 21.6 | 7.7 | 4.5 | 7.2 |
| USA, But Other State | 822 | 16.5 | 26.2 | 8.4 | 6.1 | 9.8 |
| Non-USA Country | 130 | 29.2 | 36.2 | 14.8 | 2.4 | 2.4 |
| Relationship Status | | | | | | |
| Single | 6,992 | 13.4 | 22.7 | 7.6 | 5.4 | 8.4 |
| Cohabiting | 212 | 40.1 | 77.8 | 32.7 | 16.9 | 24.6 |
| Married | 2,872 | 5.1 | 14.5 | 5.2 | 1.8 | 4.0 |
| Separated, Divorced, or Widowed | 387 | 13.8 | 39.9 | 20.2 | 3.4 | 6.2 |
| Housing | | | | | | |
| Houses or apartment | 9,385 | 11.3 | 8.0 | 11.5 | 4.5 | 7.3 |
| Residence Hall | 746 | 14.6 | 4.4 | 14.6 | 4.8 | 7.7 |
| Approved Housing | 161 | 8.7 | 5.7 | 8.7 | 2.5 | 5.1 |
| Fraternity or Sorority | 45 | 60.0 | 13.6 | 60.0 | 20.5 | 25.0 |
| Other | 160 | 10.0 | 13.8 | 10.0 | 4.4 | 9.0 |
| Employment | | | | | | |
| Not Employed | 2,669 | 11.8 | 22.5 | 8.5 | 4.6 | 8.3 |
| Full-Time | 2,783 | 14.2 | 28.5 | 10.0 | 4.6 | 7.4 |
| Part-Time | 5,015 | 10.3 | 18.3 | 6.3 | 4.5 | 6.9 |
| GPA | | | | | | |
| A | 4,108 | 8.4 | 18.2 | 5.9 | 3.1 | 5.6 |
| B | 5,180 | 12.9 | 22.8 | 8.0 | 4.8 | 7.8 |
| C | 1,027 | 18.6 | 33.2 | 14.7 | 8.6 | 12.4 |
| D or F | 52 | 13.5 | 35.3 | 3.9 | 14.0 | 17.6 |

| Table 10 (Continued): ATOD Use by Participant Characteristics - Weighted Sample | | | | | | |
|--|---------------------------|-----------------------|-----------------------|--------------------------|-------------------------|------------------------|
| | Number in Category | Binge Drinking | Alcohol 30-Day | Cigarettes 30-Day | Marijuana 30-Day | Any Drug 30-Day |
| Total Percent | 10,522 | 11.7 | 22.1 | 7.9 | 4.6 | 7.4 |
| Religious Attendance | | | | | | |
| Never Attend | 1,345 | 40.1 | 70.1 | 26.7 | 16.7 | 22.9 |
| Rarely Attend | 1,433 | 30.7 | 58.9 | 20.0 | 11.0 | 16.5 |
| Attend 1-2 Times a Month | 860 | 16.9 | 33.5 | 10.8 | 6.7 | 10.9 |
| Attend About Once a Week or More | 6,858 | 1.5 | 3.6 | 1.2 | 0.6 | 2.0 |
| Religious Preference | | | | | | |
| Catholic | 468 | 36.8 | 65.0 | 22.6 | 11.5 | 17.3 |
| LDS | 7,788 | 4.2 | 7.6 | 2.6 | 1.6 | 3.7 |
| Protestant | 220 | 29.1 | 62.7 | 16.2 | 8.6 | 14.0 |
| Other | 768 | 23.4 | 56.3 | 21.3 | 9.2 | 13.0 |
| No preference | 1,199 | 38.4 | 68.7 | 24.9 | 17.2 | 22.3 |

Figure 1

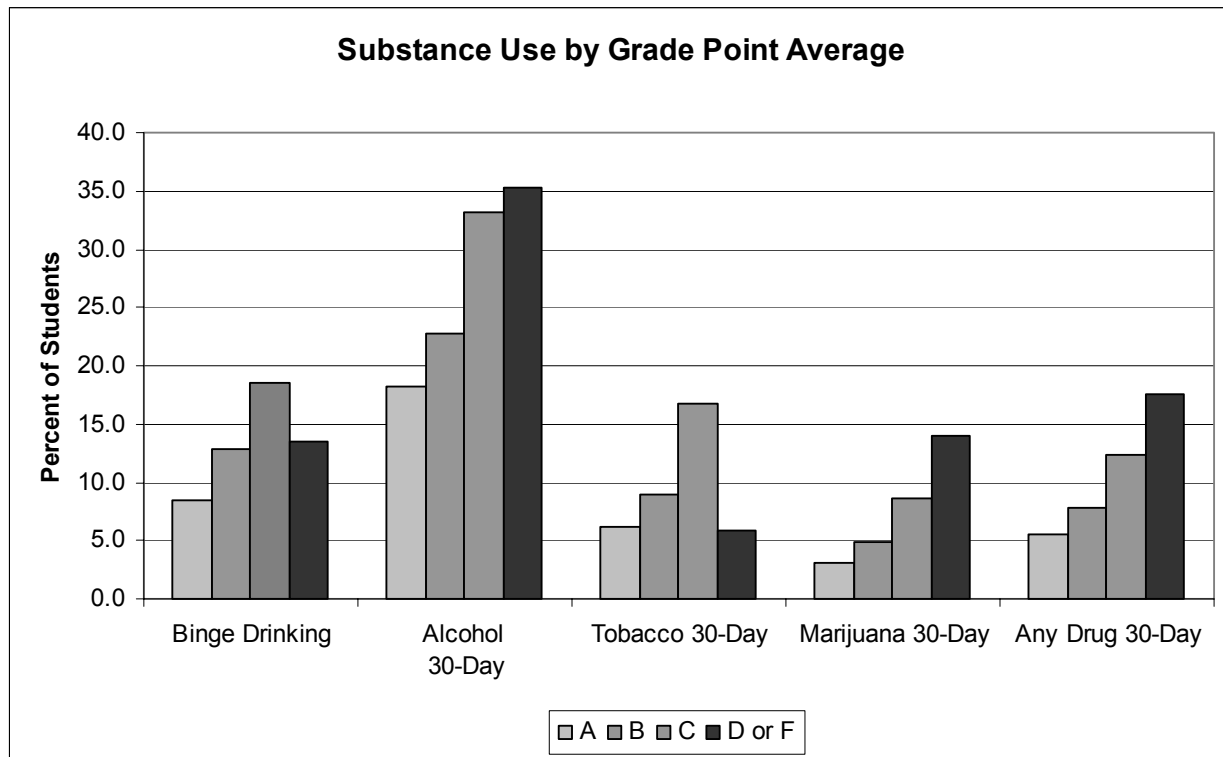


Figure 2

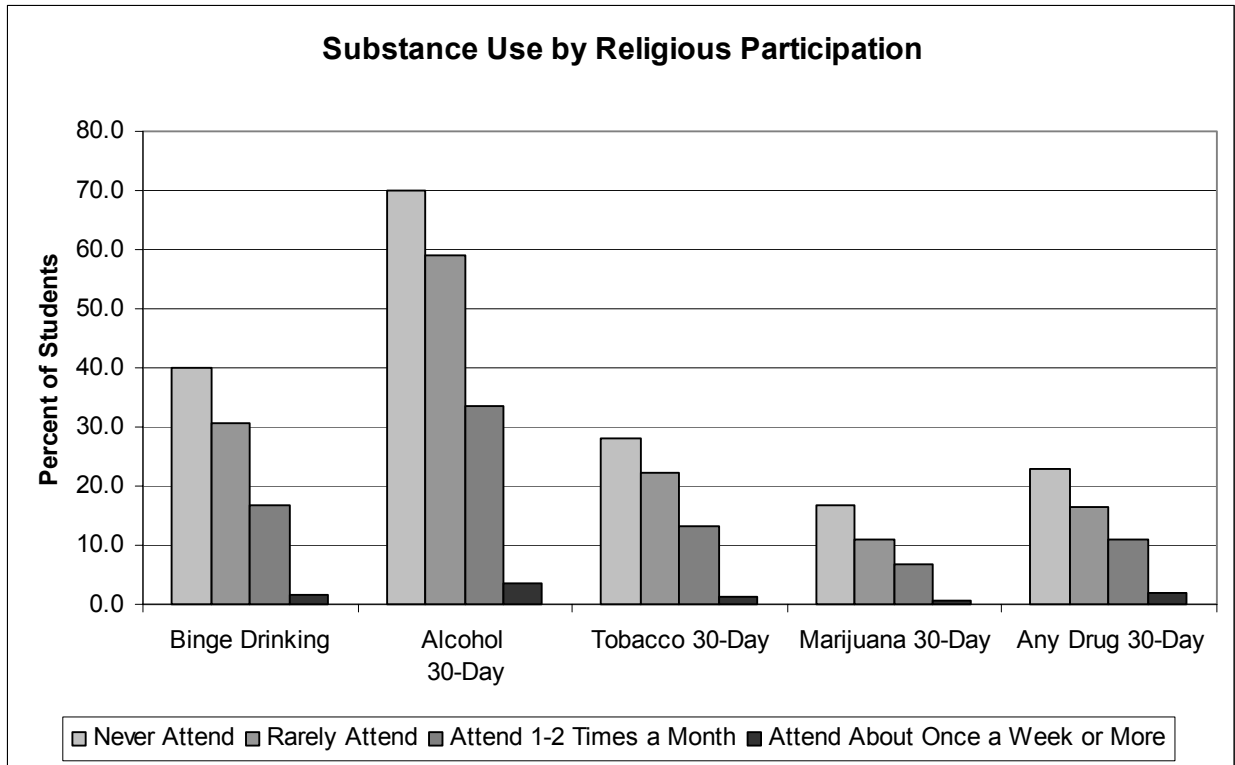
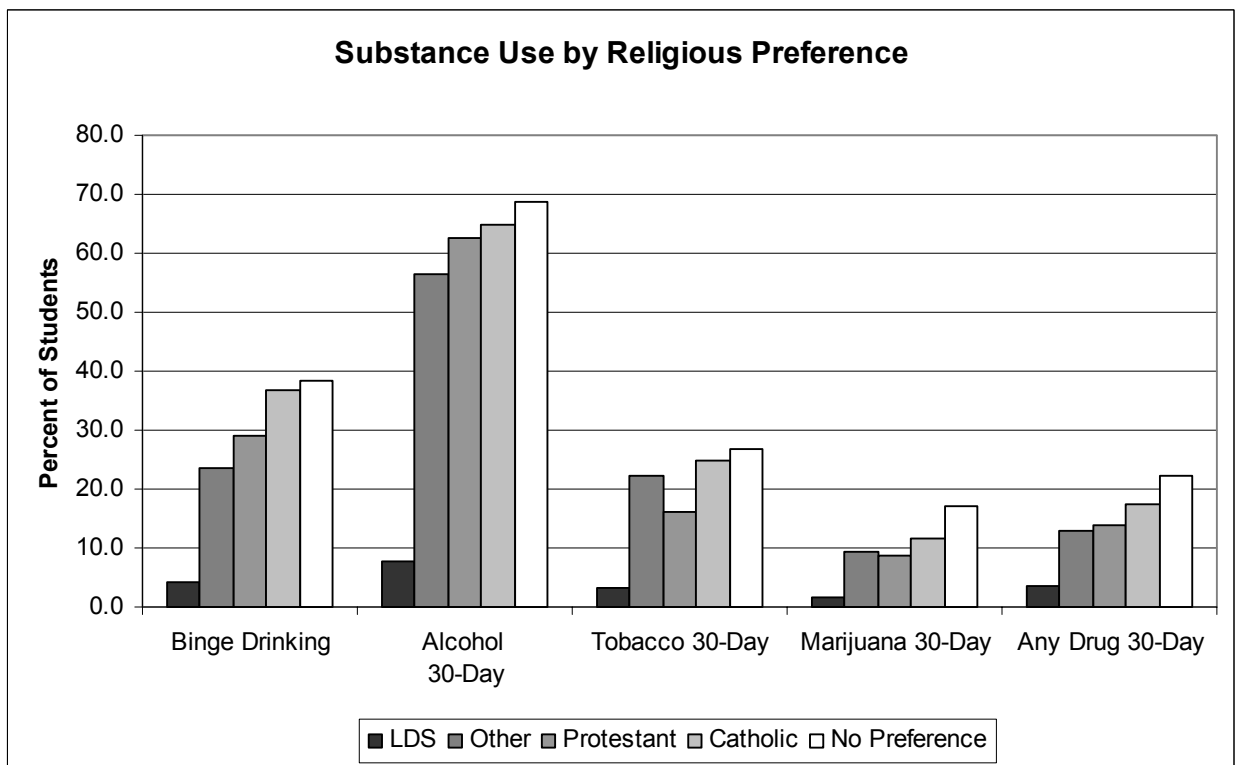


Figure 3



RISK AND PROTECTIVE FACTORS FOR SUBSTANCE ABUSE

The Utah Division of Substance Abuse has adopted the Risk and Protective Factor Model of Substance Abuse Prevention to guide prevention work in Utah. The model is based upon the public health model that suggests that if the risks for a disease can be found then reducing the risks will reduce the incidence of the disease. In medical research, risk factors have been found for heart disease and other health problems. Through media campaigns to inform the general public about the risk factors for heart disease, most people are now aware that certain behaviors (such as eating high fat diets, smoking, high cholesterol, being overweight, and lack of exercise) place them at risk for heart disease. Just as medical research discovered the risk factors for heart disease, social scientists have defined a set of risk factors that place young people at risk for the problem behaviors of substance abuse, delinquency, violence, teen pregnancy, and school dropout. They have also identified a set of protective factors that help to buffer the harmful effects of risk. Almost all of the work on the risk and protective factor model of prevention has been done with young people (18 years of age and younger). One of the goals of this survey is to determine the possibility of extending the risk and protective factor model of prevention to the college population.

Dr. J. David Hawkins, Dr. Richard F. Catalano, and their colleagues at the University of Washington have reviewed more than 30 years of existing work on risk factors from various fields and have completed extensive work of their own to identify risk factors for youth problem behaviors. They identified risk factors in important areas of daily life: 1) the **community**, 2) the **family**, 3) the **school**, and 4) within **individuals** themselves and their **peer** interactions. Many of the problem behaviors faced by youth -- delinquency, substance abuse, violence, school dropout, and teen pregnancy -- share common risk factors. Programs designed to reduce those common risk factors will have the benefit of reducing several problem behaviors.

For college students, the risk factors associated with these four domains are different than for younger students. For example, the community of college students is often the college campus, and the family of origin (mother and father) decreases in importance as college students begin to live more independently or start families of their own. Approximately twenty-five percent (25%) of the respondents in this survey report being married.

Risk factor scales that were deemed appropriate for college students by the survey design team were included in the survey and can be seen in Table 11. In Table 11, the scores of college freshmen, all college students who completed the survey, and Utah 12th grade high school students for the risk factors included in the survey are presented. Before the risk factors results are presented, a brief description of how the “percent at risk” value was calculated will be presented.

Percentage of Students At-risk Calculation

Before the percentage of students at risk on a given scale could be calculated, a scale value or cut-point needed to be determined that would separate the at-risk group from the not-at-risk group. The Prevention Needs Assessment (PNA) survey was designed to assess adolescent substance use, anti-social behavior, and the risk and protective factors that predict these

adolescent problem behaviors. Since PNA surveys had been given to over 200,000 youth nationwide, it was possible to select two groups of students, one that was more at risk for problem behaviors and another group that was less at risk. A cut-point score was then determined for each risk and protective factor scale that best divided the students from the two groups into their appropriate group, more at-risk or less at-risk. The criteria for separating youth into the more at-risk and the less at-risk groups included academic grades (the more at-risk group received “D” and “F” grades, the less at-risk group received “A” and “B” grades), ATOD use (the more at-risk group had more regular use, the less at-risk group had no drug use and use of alcohol or tobacco on only a few occasions), and antisocial behavior (the more at-risk group had two or more serious delinquent acts in the past year, the less at-risk group had no serious delinquent acts).

The cut-points that were determined by analyzing the results of the more at-risk and less at-risk groups will remain constant and will be used to produce the profiles for future surveys in grades six through 12.

Since the cut-points for each scale will remain fixed, the percentage of youth above the cut-point on a scale (at-risk) will provide a method for evaluating the progress of prevention programs over time. For example, if the percentage of students at risk for availability of drugs in a community prior to implementing a community oriented policing effort to reduce the sale of drugs was 40% and then decreased to 30% one year after the program was implemented, the program would be viewed as helping to reduce the availability of drugs.

Risk Factors for College Students

In order to validate the risk factor approach with college students, the freshmen from the 2003 and 2005 College Surveys are compared to students in grade 12 from the 2003 Utah Student Health and Risk Prevention Survey (SHARP). Because not all high school seniors go on to college, the match between freshmen and 12th grade students would not be expected to be exact. Since the percent at risk score can go from zero to 100 percent, the values of freshmen are somewhat similar to those of 12th graders. Levels of risk for Utah college freshmen, Utah college undergraduates, and Utah 12th grade students can be seen in Table 11. The college freshmen tend to be more at risk than the high school seniors for attitudes favorable toward drug use, and high school seniors tend to be more at risk for depression and rebelliousness.

Table 11: Risk Factors for Utah College Freshmen 2003, Utah 12th Grade High School Students 2003, Utah College Freshmen 2005, and Utah College Undergraduates 2005

| Risk Factors | Percent at Risk | | | |
|---------------------------------------|-----------------------|---------------------|-----------------------|------------------------|
| | 2003 College Freshmen | 2003 Grade 12 SHARP | 2005 College Freshmen | 2005 College Undergrad |
| Perceived availability of drugs scale | 33.3 | 40.4 | 26.7 | 25.1 |
| Attitudes favorable to drug use scale | 27.8 | 15.6 | 28.6 | 31.3 |
| Perceived risk of drug use scale | 18.8 | 23.6 | 20.8 | 22.3 |
| Rebelliousness scale | n/a | 34.9 | 23.7 | 21.1 |
| Depressive symptoms scale | 16.8 | 38.0 | 16.5 | 14.3 |

Figure 4

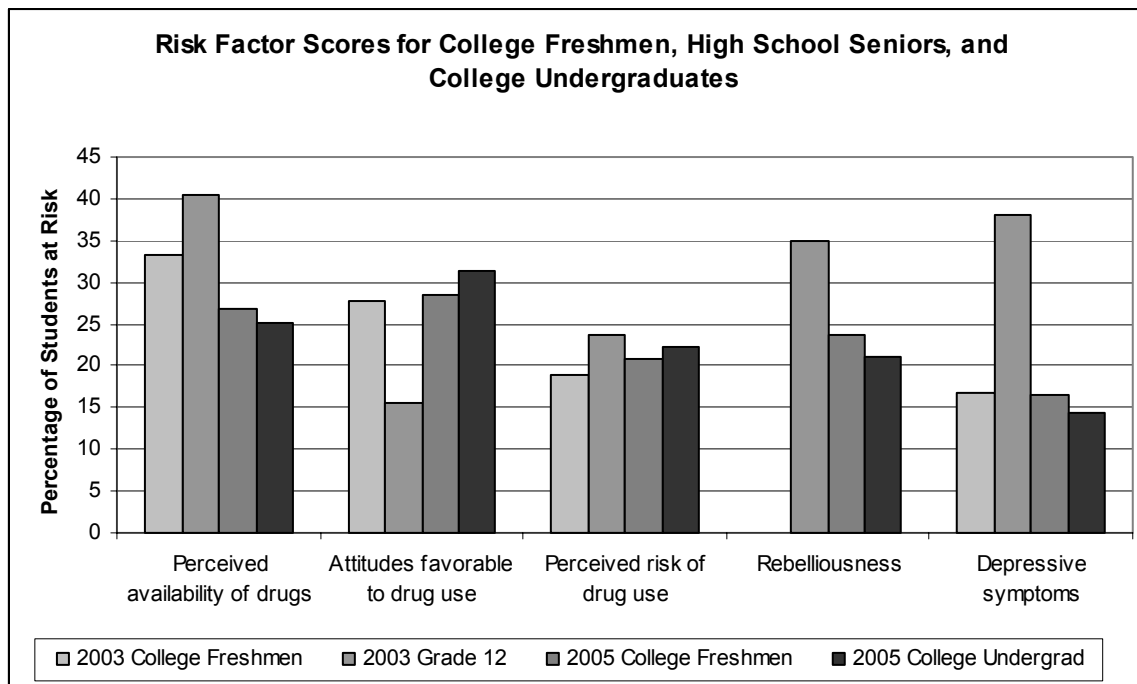


Table 12 compares the depressive symptoms for college freshman, all college students, and Utah high school youth in grade 12. Since the percentage of college students at risk on the depressive symptoms scale is approximately one-half that of 12th grade students, the four items of the depressive scale are presented in Table 12. The lower percentage for college students is a result of their reporting a much higher rate of “definitely not true” and a much lower rate of “definitely true” to the four items. These differences between college students and 12th grade students held for all four items as well as for freshmen. Thus, it appears that high school students who choose to attend college do not report as high a rate of depressive symptoms as students who do not attend college.

Table 12: Depressive Symptoms for Freshmen Age 18-19, All College Students, and 12th Grade High School Students

| | 2005 College Freshmen | 2005 College Students | UT 2003 Grade 12 |
|---|-----------------------|-----------------------|------------------|
| Depressive Symptoms Questions | | | |
| Sometimes I think that life is not worth it. | | | |
| Definitely true | 3.0 | 3.2 | 40.0 |
| Mostly true | 5.2 | 4.3 | 32.1 |
| Mostly not true | 22.8 | 21.4 | 22.2 |
| Definitely not true | 68.9 | 71.1 | 5.7 |
| At times I think I am no good at all. | | | |
| Definitely true | 3.6 | 3.2 | 26.8 |
| Mostly true | 9.1 | 6.7 | 34.9 |
| Mostly not true | 39.8 | 36.2 | 30.4 |
| Definitely not true | 47.5 | 53.8 | 7.9 |
| All in all, I am inclined to think that I am a failure. | | | |
| Definitely true | 2.4 | 2.0 | 48.0 |
| Mostly true | 6.4 | 5.5 | 37.2 |
| Mostly not true | 24.2 | 24.6 | 11.8 |
| Definitely not true | 67.1 | 68.0 | 3.0 |
| In the past year, have you felt depressed or sad MOST days, even if you felt OK sometimes? | | | |
| Definitely true | 5.4 | 5.0 | 31.2 |
| Mostly true | 13.6 | 11.1 | 36.6 |
| Mostly not true | 30.6 | 29.5 | 23.5 |
| Definitely not true | 50.4 | 54.4 | 8.8 |

A review of the scale items for availability of drugs, shown in Table 13 shows that age of students certainly has an effect on their responses. For example, older students rate alcohol as easier to get than freshmen and 12th grade students while a greater percentage of 12th grade students rate other drugs as sort of easy or very easy to get (31.8%).

Table 13: Perceived Availability for Freshmen Age 18-19, All College Students, and 12th Grade High School Students

| | 2005 College Freshmen | 2005 College Students | UT 2003 Grade 12 |
|--|-----------------------|-----------------------|------------------|
| Availability of Drugs Questions – Percentage of Respondents in Each Response Category | | | |
| How hard to get alcohol | | | |
| Very Hard | 13.6 | 6.1 | 10.9 |
| Sort of Hard | 16.1 | 7.9 | 15.5 |
| Sort of Easy | 31.6 | 19.4 | 26.3 |
| Very Easy | 38.8 | 66.6 | 47.2 |
| How hard to get marijuana | | | |
| Very Hard | 27.3 | 24.7 | 22.6 |
| Sort of Hard | 24.9 | 25.9 | 16.5 |
| Sort of Easy | 25.6 | 29.0 | 21.1 |
| Very Easy | 22.3 | 20.3 | 39.9 |
| How hard to get some other drug | | | |
| Very Hard | 46.7 | 45.0 | 37.2 |
| Sort of Hard | 31.1 | 30.9 | 31.0 |
| Sort of Easy | 16.1 | 17.1 | 20.5 |
| Very Easy | 6.1 | 6.9 | 11.3 |

Knowledge of the age at which individuals begin to use ATOD is important in aiding prevention planning, as it allows prevention planners to target certain age groups before they are most likely to begin using substances. College students were asked to report when, if ever, they first used ATODs. In calculating the average age of initiation, only the ages indicated by students who had used the substance before were taken into account. As can be seen in Table 14, students begin using inhalants before using any other substance. Of the college students who had used inhalants, the average age of first use was 15.3 years. Age of initiation for alcohol and marijuana are approximately the same – 16.4 and 16.6 years respectively, and students who used other illegal drugs indicated that they began using them at approximately 17 to 18 years of age. The age of initiation for college students is higher than that of Utah high school seniors. On the 2003 student survey, high school seniors report an average age of initiation for alcohol of 12.8 years, and marijuana 13.6 years. The college students have a later average of initiation of ATOD use by over three years. The earlier young people begin using ATODs the greater the likelihood that they will have problems with these behaviors later on. For example, research shows that young people who initiate drug use before age fifteen are at twice the risk of having drug problems as those who wait until after age nineteen.

Table 14: Age of First Drug Use (Of Those Who Have Used at Least Once in Their Lifetime)

| Drug | Age of First Use | |
|---------------------------|------------------|---------------|
| | 2003 Mean Age | 2005 Mean Age |
| Alcohol (more than a sip) | 16.8 | 16.4 |
| Marijuana | 16.7 | 16.6 |
| LSD or other psychedelics | 17.1 | 17.2 |
| Cocaine or crack | 18.6 | 18.7 |
| Inhalants | 14.2 | 15.3 |
| Stimulants | 18.2 | 17.7 |
| Sedatives | 17.5 | 18.4 |
| Opiates | 17.5 | 18.6 |
| DXM (cough syrup) | --- | 16.9 |
| Ecstasy | 19.1 | 19.0 |
| Other club drugs | 18.3 | 18.8 |

* --- Indicates an area where data could not be gathered or is not available.

While these results tend to support the use of risk factors with college students, more work remains to be done. Some of the questions that need to be explored include the following: Are the cut-points developed for high school students appropriate for college students? In what areas can additional risk factor scales be developed? How well do risk factors predict the need for prevention services in a college population?

TREATMENT NEEDS

The underlying assumption of this need for treatment analysis is that if an individual receives a diagnosis of substance dependence for any of the substances surveyed, that individual is assumed to need treatment. In order to estimate the need for substance abuse treatment, six questions (see Table 15) were included in the survey questionnaire that have shown a high correlation with the diagnosis of alcohol and drug dependence.

The questions have been used by the Arrestee Drug Abuse Monitoring Program (ADAM) to detect the need for substance abuse treatment. According to the **Methodology Guide for ADAM** published in May 2001, "Frequency of use alone is not an accurate indicator of abuse or dependence; that is, lower levels of use can signal abuse or dependence and higher levels can be less problematic than they appear.... For this reason a clinically relevant measure of abuse and dependence was included in the new ADAM. Scores of 2 or more indicate problems at level of abuse of the substance (drugs or alcohol) and scores of 3 or more indicate problems at a level of dependence. The latter is generally used as an indication of need for treatment." The criteria for alcohol and drug dependence are detailed in the **Diagnostic and Statistical Manual of Mental Disorders IV (DSM-IV)** and are listed below for reference.

The Criteria for Psychoactive Substance Dependence

The DSM-IV criteria for Substance Dependence requires “A maladaptive pattern of substance use, leading to clinically significant impairment or distress as manifested by three (or more) of the following, occurring at any time in the same 12-month period:

- 1) tolerance, as defined by either of the following:
 - (a) a need for markedly increased amounts of the substance to achieve intoxication or desired effect
 - (b) markedly diminished effect with continued use of the same amount of the substance
- 2) withdrawal, as manifested by either of the following:
 - (a) the characteristic withdrawal symptoms for the substance
 - (b) the same (or closely related) substance is taken to relieve or avoid withdrawal symptoms
- 3) the substance is often taken in larger amounts or over a longer period than the person intended
- 4) there is a persistent desire or unsuccessful efforts to cut down or control substance use
- 5) a great deal of time spent in activities necessary to obtain the substance (e.g., visiting multiple doctors or driving long distances), use the substance (e.g., chain-smoking), or recover from its effects
- 6) important social, occupational, or recreational activities given up or reduced because of substance use
- 7) the substance use is continued despite knowledge of having a persistent or recurrent physical or psychological problem that is likely to have been caused or exacerbated by the substance (e.g., current cocaine use despite recognition of cocaine-induced depression, or continued drinking despite recognition that an ulcer was made worse by alcohol consumption).”

The questions that ask about problems related to alcohol and drugs are presented in Table 15 along with the percentage of students who reported each of the problem behaviors. Applying the criteria that students who answer yes to three or more of the items need treatment reveals that 9.1% of students need treatment for alcohol problems and 4.1% need treatment for drug problems, with a total of 10.8% of college students needing treatment for alcohol or drug problems. These results and the need for treatment by individuals 18 to 25 years of age in Utah from the Utah 2000 Adult Telephone Survey and the 2003 National Survey on Drug Use and Health can be seen in Table 16.

Table 15: Need for Treatment Questions

| | Yes - Alcohol | | Yes - Drugs | |
|---|---------------|------|-------------|-----|
| | N* | % | N* | % |
| Need for Treatment Symptoms - In the past 12 months, have | | | | |
| You spent more time using substance than you intended? | 504 | 4.9 | 253 | 2.5 |
| You neglected responsibilities because of substance use? | 503 | 5.0 | 238 | 2.4 |
| You wanted to cut down on substance use? | 763 | 7.8 | 446 | 4.6 |
| Anyone objected to your substance use? | 713 | 7.4 | 363 | 3.8 |
| You frequently thought about using substances? | 1049 | 10.5 | 519 | 5.2 |
| You used substance to relieve bad feelings? | 1266 | 12.6 | 477 | 4.5 |

* In this table, N represents the number of respondents who answered yes to these questions.

Comparing the need for treatment by college students with the results from the Utah 2000 Adult Telephone Survey shows that college students need treatment at approximately the same rate as other individuals 18 to 25 years of age in Utah. The national survey estimates are somewhat higher than the Utah Survey Results.

Table 17 highlights the need for drug, alcohol, and mental health treatment by participant characteristics. As can be expected, group results here are similar to the results found in looking at substance use by group. Males and females have similar needs for alcohol treatment and females have a lower need for drug abuse treatment. The categories that appear to have an elevated need for treatment (in comparison to the other categories in their respective groups) are students aged 24 and younger (11.3% in need of alcohol or drug treatment); college freshman (12.8% in need of alcohol or drug treatment); unmarried students (12.8% of singles, 28.4% of cohabitating students, and 16.6% of separated, divorced or widowed students are in need of alcohol or drug treatment); fraternity or sorority students (29.5% in need of drug or alcohol treatment); and students receiving D or F grade point averages (27.5% in need of drug or alcohol treatment). As with substance use rates, LDS individuals and individuals who attend religious services once or twice a week have a much lower need for treatment compared to other religions and individuals who attend religious services less regularly or do not attend at all.

Table 16: Percentage Needing Treatment

| | Alcohol | | Drugs | | Alcohol or Drugs | |
|---|-------------|-----|-------------|-----|------------------|-----|
| | N* | % | N* | % | N* | % |
| Utah College Survey 2005 | 10,050 | 7.3 | 9,942 | 3.5 | 9,955 | 9.0 |
| Utah College Survey 2003** | 5879 | 6.9 | 5843 | 3.8 | 5792 | 8.4 |
| Utah 2000 Phone Survey (18-25) | 1,051 | 7.1 | 1,051 | 2.3 | 1,051 | 8.4 |
| 2003 National Survey on Drug Use and Health (18-25 Results for Utah) | Approx. 900 | 5.6 | Approx. 900 | 3.7 | --- | --- |

* In this table, N represents the number of respondents in the survey. The numbers vary across the categories because respondents sometimes skip questions. ** The 2003 data have been weighted and therefore will not match the 2003 report.

Table 17: Treatment Needs by Participant Characteristics

| | Number of Participants in Category | % Needing Alcohol Treatment | % Needing Drug Treatment | %Needing Alcohol or Drug Treatment | %Needing Mental Health Treatment |
|----------------------------------|------------------------------------|-----------------------------|--------------------------|------------------------------------|----------------------------------|
| Total Percent | 10687 | 7.3 | 3.5 | 9.0 | 27.8 |
| Gender | | | | | |
| Male | 4826 | 7.5 | 4.4 | 9.5 | 22.6 |
| Female | 5691 | 7.2 | 2.8 | 8.5 | 32.0 |
| Academic Year | | | | | |
| Freshman | 2775 | 8.1 | 5.1 | 10.5 | 29.9 |
| Sophomore | 3213 | 6.6 | 3.1 | 8.1 | 26.6 |
| Junior | 2351 | 7.6 | 3.1 | 8.8 | 28.3 |
| Senior | 1819 | 6.4 | 2.9 | 8.1 | 25.3 |
| Age | | | | | |
| 24 and Younger | 7701 | 7.7 | 3.8 | 9.3 | 27.2 |
| 25 and Older | 2745 | 6.2 | 2.9 | 8.0 | 29.7 |
| Marital Status | | | | | |
| Single | 7031 | 8.8 | 4.3 | 10.6 | 29.1 |
| Married | 2883 | 2.1 | 1.3 | 3.1 | 22.4 |
| Separated, Divorced, or Widowed | 389 | 11.4 | 3.6 | 13.1 | 55.8 |
| Cohabiting | 215 | 19.2 | 9.0 | 24.4 | 27.7 |
| Housing | | | | | |
| Houses/Apartments/etc. | 9426 | 7.0 | 3.5 | 8.7 | 27.6 |
| Residence Hall | 751 | 8.6 | 3.1 | 10.1 | 30.5 |
| Approved Housing | 162 | 11.7 | 3.7 | 11.8 | 27.8 |
| Fraternity or Sorority | 45 | 24.4 | 2.4 | 22.2 | 21.1 |
| Other | 160 | 7.5 | 6.2 | 10.0 | 38.2 |
| Grade Point Average | | | | | |
| A | 4126 | 5.0 | 2.0 | 8.7 | 27.5 |
| B | 5206 | 8.0 | 3.7 | 10.0 | 30.5 |
| C | 1031 | 12.0 | 8.0 | 12.5 | 28.6 |
| D or F | 54 | 8.3 | 12.5 | 24.4 | 23.5 |
| Religious Attendance | | | | | |
| Never Attend | 1354 | 17.7 | 9.5 | 22.1 | 36.1 |
| Rarely Attend | 1442 | 16.9 | 8.1 | 20.7 | 36.1 |
| Attend 1-2 Times a Month | 867 | 13.4 | 4.6 | 14.9 | 35.0 |
| Attend About Once a Week or More | 6882 | 2.3 | 1.2 | 3.0 | 23.5 |
| Religious Preference | | | | | |
| Catholic | 470 | 18.7 | 6.6 | 22.7 | 29.0 |
| LDS | 7822 | 4.1 | 2.0 | 4.9 | 25.4 |
| Protestant | 221 | 11.7 | 3.9 | 14.6 | 24.9 |
| Other | 772 | 14.3 | 6.8 | 17.4 | 37.6 |
| No Preference | 1204 | 17.7 | 10.0 | 22.7 | 35.7 |

Mental Health Scale

According to information published by the DSAMH, the Positive Mental Health Index (PMHI) is a sub-scale of the General Well-Being Schedule which focuses on symptoms and social functioning. In Utah, the PMHI has been used in statewide substance abuse need assessment studies to assist in identifying psychological distress and dysfunction. There are 10 items in the PMHI and each item has six responses that are scored 0 to 5 (scores range from 0 to 50). The 10 items can be reviewed on the College Survey in Appendix A, items 113 through 122. The instrument has good reliability (.87 to .97) and has been shown to discriminate between mental health clients and individuals from the normal population. General population norms have been developed for males and females as well as various age groups including 18 to 25.

The method of converting raw scores into a measure of mental health called the “Distress Level” can be seen in Table 18. The norms of the PMHI reflect the percentage of individuals in each of the five categories of raw scores. A review of Table 18 shows that for males, the normal population has 1.3% in the “Very High” range and an additional 13.1% in the “high” range while for females 3.7% are in the very high range and 13.2% are in the High range. Scores in both the Very High and the High ranges are deemed clinically significant and indicate that treatment is indicated. The results for college students show that more individuals have clinically significant scores than the general population (males 22.6% compared to 14.4%, females 32.1% compared to 16.9%). The mental health treatment needs (those scoring in the clinical range) can be seen in Table 18.

By group, as shown in Table 17, mental health treatment needs are very similar for categories within each group, as factors such as age, year in school, and housing do not appear to have as much an impact on the need for treatment. However, when looking at grade point averages, Table 17 shows that the need for mental health treatment increases with decreased GPA (26.5% of ‘A’ students need treatment compared to 45.5% of ‘D’ or ‘F’ students). Further, students who are separated, divorced, or widowed indicated the highest need for treatment of any other category in any other participant group, with 57.9% of these individuals needing mental health treatment.

Table 18: Measures of Mental Health

| Distress Level | Percentage | | | | |
|--------------------------|------------|-------------|-------------|-------------|-------------|
| | Raw Score | Male | Male Norm | Female | Female Norm |
| Very High | 0-20 | 5.0 | 1.3 | 8.6 | 3.7 |
| High | 21-30 | 17.6 | 13.1 | 23.5 | 13.2 |
| Very High or High | | 22.6 | 14.4 | 32.1 | 16.9 |
| Moderate | 31-36 | 19.7 | 13.5 | 22.0 | 21.9 |
| Mild | 37-43 | 39.3 | 38.5 | 34.6 | 35.4 |
| Little or none | 44-50 | 18.3 | 33.6 | 11.3 | 25.8 |

HEALTH AND SAFETY ISSUES

Although the survey focused primarily on substance abuse and related risk and protective factors, the campuses and the Utah Department of Health were also interested in using the survey to assess other health-related issues among college students. The use of tobacco products was of particular interest. Because smoking is related to many health problems, smoking prevention and treatment programs have been implemented at the state and national levels. Among youth there has been a reduction in rates of smoking over the past several years. In this survey, 8.6% in 2003 and 7.9% in 2005 smoked during the past 30 days. This decrease represents a statistically significant difference. There was no decrease, however, in the past year and lifetime use rates of cigarettes. In fact, there was a slight increase, possibly indicating that regular use is decreasing while casual use is increasing. However, the number of individuals who smoke regularly is much less than indicated by the 30 day use rates. Only 4.2% report smoking regularly, and 4.9% report smoking at least one cigarette per day in the past 30 days. Thus, the number of every-day smokers is quite low on Utah campuses.

When smokers were asked if they had (in the past year) stopped smoking for a day or longer because they were trying to quit smoking, almost half (46.4%) reported “yes.” A review of the 625 students who indicated that they wanted to quit smoking during the past year reveals that there were 445 smokers who do not consider themselves “regular smokers” who were interested in quitting. The services that smokers would use to quit include: calling a quit line (24.2%), using a campus-based clinic or class (31.6%), counseling from a doctor or nurse (34.9%), self help materials (31.4%), or a free internet quit service (32.5%).

Other health and safety information gathered from the survey included information on:

- Driving under the influence (DUI) of drugs or alcohol in the past year (8.9%)
- Being arrested for DUI (0.5%)
- Wearing a seatbelt all or most of the time when someone else is driving (89.1%)
- Wearing a seatbelt all or most of the time when the respondent is driving (89.7%)
- Serious thoughts about suicide due to alcohol or drug use (3.6%)
- Serious attempts to commit suicide due to alcohol or drug use (1.0%)
- Being involved in a physical fight (9.1%)

Of the students who rode bicycles in the past year, 47.0% never wore a helmet. The results of other health and safety items contained in the survey can be reviewed in Appendix D where the responses to all of the survey questions are listed.

The survey questionnaire asked each student for his or her height and weight to use to calculate their body mass index (BMI). While not all students completed the height and weight questions, for those who did, the BMI was calculated and used to determine the relationship between BMI and exercise and dieting. Table 19 reports the percentage of college students by category who fit into the following BMI classifications: underweight, normal, overweight, and obese. Of all respondents who completed the height and weight questions, 4.4% were classified as underweight, 61.4% as normal, 23.2% as overweight, and 11.1% as obese. By participant characteristics, more males than females tend to be overweight (30.4% of males compared to 16.8% of females) and obese (11.8% of males compared to 10.5% of females). Age and marital

status also appear to be a factor, as more students over the age of 24 were classified as overweight or obese than students 24 and younger, and more married, cohabitating, separated, divorced, or widowed individuals were classified as overweight or obese than single individuals.

Table 19: Body Mass Index Classifications by Participant Characteristics

| | Under-weight | Normal | Over-weight | Obese | Total |
|---------------------------------|---------------------|---------------|--------------------|--------------|--------------|
| Total Percent | 4.4 | 61.4 | 23.2 | 11.1 | 100.0 |
| Gender | | | | | |
| Male | 1.7 | 56.1 | 30.4 | 11.8 | 100.0 |
| Female | 6.7 | 66.1 | 16.8 | 10.5 | 100.0 |
| Age | | | | | |
| 24 and Younger | 5.1 | 68.2 | 19.7 | 7.0 | 100.0 |
| Older than 24 | 2.3 | 42.0 | 32.7 | 23.0 | 100.0 |
| Marital Status | | | | | |
| Single | 5.2 | 66.4 | 19.9 | 8.5 | 100.0 |
| Married | 2.6 | 51.6 | 29.6 | 16.1 | 100.0 |
| Separated, Divorced, or Widowed | 3.7 | 47.3 | 29.2 | 19.8 | 100.0 |
| Cohabitating | 4.9 | 56.3 | 25.2 | 13.6 | 100.0 |

Student health and dieting issues are reported in Table 20. Overall, a majority (89.9%) of students eat at least one serving of fruits or vegetables per day and 55.6% have exercised at least once in the past month. Students that fall in the normal or overweight BMI classifications are slightly more likely to exercise than individuals classified as underweight or obese (57.0% of normal BMI and 55.1% of overweight BMI compared to 49.2% of underweight and 51.3% of obese). Overweight and obese students were more likely to report eating less food, fewer calories, or low-fat foods in order to lose weight.

Table 20: Student Health and Dieting Issues by Body Mass Index Classifications

| Average number of servings of fruits and vegetables eaten each day? | | | | | |
|--|---------------------|---------------|--------------------|--------------|--------------|
| | Under-weight | Normal | Over-weight | Obese | Total |
| Less than 1 serving | 10.4 | 10.0 | 9.5 | 12.1 | 10.1 |
| At least 1 but less than 3 | 40.8 | 39.9 | 42.2 | 40.4 | 40.5 |
| At least 3 but less than 5 | 20.3 | 28.1 | 26.8 | 24.8 | 27.1 |
| 5 or more servings | 28.5 | 22.0 | 21.5 | 22.6 | 22.2 |
| During the past month, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise? | | | | | |
| | Under-weight | Normal | Over-weight | Obese | Total |
| No | 50.8 | 43.0 | 44.9 | 48.7 | 44.4 |
| Yes | 49.2 | 57.0 | 55.1 | 51.3 | 55.6 |

Table 20 (Continued): Student Health and Dieting Issues by Body Mass Index Classifications

| In the past 12 months has a doctor, nurse, or other health professional given you advice about your weight? | | | | | |
|--|---------------------|---------------|--------------------|--------------|--------------|
| | Under-weight | Normal | Over-weight | Obese | Total |
| Yes, lose weight | 1.2 | 1.4 | 11.1 | 39.4 | 7.9 |
| Yes, gain weight | 15.6 | 2.1 | 0.4 | 0.3 | 2.1 |
| Yes, maintain weight | 4.0 | 5.2 | 3.0 | 2.3 | 4.3 |
| No | 79.1 | 91.4 | 85.5 | 58.1 | 85.7 |
| During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight? | | | | | |
| | Under-weight | Normal | Over-weight | Obese | Total |
| No | 71.5 | 60.3 | 48.3 | 44.7 | 56.3 |
| Yes | 28.5 | 39.7 | 51.7 | 55.3 | 43.7 |
| On how many of the past 7 days did you exercise or participate in physical activity for at least 30 minutes that made you sweat and breathe hard? | | | | | |
| | Under-weight | Normal | Over-weight | Obese | Total |
| 0 Days | 27.8 | 19.2 | 22.8 | 30.2 | 21.6 |
| 1 Day | 17.6 | 13.1 | 13.8 | 15.7 | 13.8 |
| 2 Days | 20.0 | 16.7 | 15.0 | 15.4 | 16.3 |
| 3 Days | 14.3 | 19.2 | 18.6 | 17.2 | 18.6 |
| 4 Days | 7.1 | 13.1 | 11.9 | 9.2 | 12.1 |
| 5 Days | 6.9 | 10.4 | 10.0 | 7.7 | 9.9 |
| 6 Days | 4.0 | 6.1 | 5.3 | 3.0 | 5.5 |
| 7 Days | 2.4 | 2.3 | 2.6 | 1.7 | 2.3 |

PREVENTION PROGRAMS AND CAMPUS POLICIES

The College Survey contains several questions that inquire about campus ATOD prevention programs, campus policies, and student perceptions of ATOD use. Student perceptions of ATOD policies on campus are contained in Table 21. As can be seen, most students (70.4%) are aware that the campus has drug/alcohol policies and that campus personnel are concerned with drug/alcohol prevention (66.2%). However, over one-half (64.0%) do not know whether or not the campus has a drug/alcohol prevention program. Most students do not believe that campus drug and alcohol policies are enforced (67.1%). It is interesting that most students (73.7%) support stricter discipline for repeated campus drug/alcohol violations, however, only 48.5% believe other students on campus would support stricter discipline for repeated campus drug/alcohol violations. Nearly three quarters of students say they would support making their campus tobacco-free.

Table 21: Campus Drug and Alcohol Prevention Policies

| | % that said Yes | |
|--|-----------------|-------------|
| | 2003 | 2005 |
| Does your campus have drug/alcohol policies? | 71.2 | 70.4 |
| If so, are they enforced? | 34.0 | 32.9 |
| Does your campus have a drug/alcohol prevention program? | 36.3 | 36.0 |
| Do you believe your campus is concerned with drug/alcohol prevention? | 67.5 | 66.2 |
| Are you involved with drug/alcohol prevention on your campus? | 6.2 | 5.6 |
| Would you support a policy to make your campus tobacco-free? | N/A | 74.1 |
| Do you support stricter discipline for repeated campus alcohol violations? | 74.1 | 73.7 |
| Do you think other students support stricter discipline for repeated campus alcohol violations? | 47.5 | 48.5 |

PERCEIVED SUBSTANCE USE

In order to determine student perception of ATOD use on campus, students were asked to indicate what percentage of students they believed had used each substance in the past year. Generally, students tend to overestimate ATOD use by their peers. However, the differences between perceived use and actual use is much less than was indicated by the results of the 2003 College Survey, when the question was asked as, “How often do you think the average student on your campus uses [specific drug]?” For example, in 2003, most students indicated that they thought the average student used alcohol (88.5%) and marijuana (79.5%) at least once in the past year. When the questions were changed to ask what percentage students perceived used the substances in the past year, it was clear that although students still overestimate the numbers of students who use alcohol, tobacco, and marijuana, students have a more realistic sense of the numbers of students using on their campuses. For example, students perceived that 42.3% of students on campus used alcohol in the past year and 21.9% used marijuana in the past year. In fact, as shown in Table 22, only 30.4% actually drank alcohol in the past year, and 9.1% actually used marijuana in the past year. These results still show that students overestimate ATOD use by their peers. Since the perception of ATOD use by others influences a student’s choice to use ATODs, it is important that information about actual use rates of the various substances be made available to students on campus.

Table 22. Perceptions of Peer Substance Use and Actual Use Rates

| | 2003 | 2005 | 2003 | 2005 |
|------------------|---|--|-------------------------------|-------------------------------|
| | % who perceive the average student used in the past year | Average % that students perceive used in the past year | % Actual Past Year Use | % Actual Past Year Use |
| Tobacco | 79.2 | 28.2 | 13.1 | 13.0 |
| Alcohol | 88.5 | 42.3 | 27.8 | 30.4 |
| Marijuana | 79.5 | 21.9 | 10.2 | 9.1 |

SUMMARY

The overall participation rate by Utah students in the **2005 Utah Higher Education Health Behavior Survey** was excellent, with over twice the number of respondents as the 2003 survey. In addition, most campuses were able to reach their goals at the class level so that valid analyses could be provided for freshmen, sophomores, juniors, and seniors; as well as for the campus overall. These results produced information that can be used for prevention and treatment planning for Utah's college population. Overall, the rates of ATOD use for Utah students are much lower than for students nationally. For most substances, Utah students use at rates that are one-half to one-quarter the national rates.

APPENDIX A: 2005 Utah Higher Education Health Behavior Survey

UTAH Higher Education Health Behavior Survey

The purpose of this survey is to learn about Utah college student health behaviors.

The survey is completely voluntary and anonymous and your responses will be kept confidential. DO NOT write your name or other identifying marks on this form. If you are younger than 18 DO NOT take this survey. This is not a test and there are no right or wrong answers.

Please answer the questions as honestly as you can. All of the questions should be answered by completely filling in one of the answer spaces. If you do not find an answer that fits exactly, use the one that comes closest. If any question does not apply to you, or you are not sure what it means, just leave it blank. You can skip any question that you do not wish to answer. The questionnaire will take approximately one 50 minute class period to complete.

If you do not wish to participate you will not be penalized, please just set the survey aside and check with your professor for an alternative activity. If you have questions or comments concerning the availability of substance abuse services, please contact your campus Alcohol & Drug Education Office.

Please mark only one answer for each question by completely filling in the circle with a #2 pencil.

1. Are you: ☐ Male ☐ Female

2. How old are you
(If you're under age
18 DO NOT take the
survey)?

| | |
|---|---|
| | |
| 0 | 0 |
| 1 | 1 |
| 2 | 2 |
| 3 | 3 |
| 4 | 4 |
| 5 | 5 |
| 6 | 6 |
| 7 | 7 |
| 8 | 8 |
| 9 | 9 |

3. What is your class level?

- | | |
|---------------------------------|--|
| <input type="radio"/> Freshman | <input type="radio"/> Grad/Professional |
| <input type="radio"/> Sophomore | <input type="radio"/> Not seeking a degree |
| <input type="radio"/> Junior | <input type="radio"/> Certificate Program |
| <input type="radio"/> Senior | <input type="radio"/> Other |

4. What is your major area of study?

- | | |
|---|--|
| <input type="radio"/> Agriculture | <input type="radio"/> Natural Resources |
| <input type="radio"/> Business | <input type="radio"/> Sciences/Engineering |
| <input type="radio"/> Education | <input type="radio"/> Social Services |
| <input type="radio"/> Fine Arts | <input type="radio"/> Trades/Technology |
| <input type="radio"/> Humanities | <input type="radio"/> Undecided |
| <input type="radio"/> Human Services/Health Professionals | |

5. Are you Hispanic or Latino?

- ☐ Yes ☐ No

6. What is your race? Select one or more.

- ☐ Black or African American
☐ Asian
☐ American Indian
☐ Alaska Native
☐ White
☐ Native Hawaiian or Other Pacific Islander
☐ Other (please specify _____)

7. What is your current student status?

- ☐ Full-time (12+ credits)
☐ Part-time (1-11 credits)

8. What is your current resident status?

- ☐ On-campus
☐ Off-campus

9. What is your height (in feet and inches)?

| | |
|------|--------|
| feet | inches |
| | |
| 0 | 0 0 |
| 1 | 1 1 |
| 2 | 2 2 |
| 3 | 3 3 |
| 4 | 4 4 |
| 5 | 5 5 |
| 6 | 6 6 |
| 7 | 7 7 |
| 8 | 8 8 |
| 9 | 9 9 |

10. What is your weight (in pounds)?

| | | |
|---|-----|---|
| | | |
| 0 | 0 0 | 0 |
| 1 | 1 1 | 1 |
| 2 | 2 2 | 2 |
| 3 | 3 3 | 3 |
| 4 | 4 4 | 4 |
| 5 | 5 5 | 5 |
| 6 | 6 6 | 6 |
| 7 | 7 7 | 7 |
| 8 | 8 8 | 8 |
| 9 | 9 9 | 9 |

11. What is your place of permanent residence?

- ☐ In-state (Utah)
☐ USA, but out of state
☐ Country other than USA

12. What is your relationship status?

- ☐ Single ☐ Divorced
☐ Married ☐ Widowed
☐ Separated ☐ Cohabiting

13. What is your current zipcode?

| | | | | |
|---|---|---|---|---|
| 8 | 4 | | | |
| 0 | 0 | 0 | 0 | 0 |
| 1 | 1 | 1 | 1 | 1 |
| 2 | 2 | 2 | 2 | 2 |
| 3 | 3 | 3 | 3 | 3 |
| 4 | | 4 | 4 | 4 |
| 5 | 5 | 5 | 5 | 5 |
| 6 | 6 | 6 | 6 | 6 |
| 7 | 7 | 7 | 7 | 7 |
| | 8 | 8 | 8 | 8 |
| 9 | 9 | 9 | 9 | 9 |

14. What is the zipcode where you attended the 12th grade in high school?

| | | | | |
|---|---|---|---|---|
| | | | | |
| 0 | 0 | 0 | 0 | 0 |
| 1 | 1 | 1 | 1 | 1 |
| 2 | 2 | 2 | 2 | 2 |
| 3 | 3 | 3 | 3 | 3 |
| 4 | 4 | 4 | 4 | 4 |
| 5 | 5 | 5 | 5 | 5 |
| 6 | 6 | 6 | 6 | 6 |
| 7 | 7 | 7 | 7 | 7 |
| 8 | 8 | 8 | 8 | 8 |
| 9 | 9 | 9 | 9 | 9 |

Bach Harrison, L.L.C. 757 East South Temple, Suite # 120
Salt Lake City, Utah, 84102 Phone: (801) 359-2064

PLEASE DO NOT WRITE IN THIS AREA



15. Where do you live while attending school?

- ☐ House/apartment/etc. ☐ Fraternity or sorority
☐ Residence hall ☐ Other
☐ Approved housing

16. With whom do you live while attending school (mark all that apply)?

- ☐ With roommate(s) ☐ With spouse
☐ Alone ☐ With children
☐ With parent(s) ☐ Other

17. Are you currently employed?

- ☐ No ☐ Yes, part-time
☐ Yes, full-time

18. What is your approximate cumulative grade point average?

- ☐ A+ ☐ B- ☐ D
☐ A ☐ C+ ☐ D-
☐ A- ☐ C ☐ F
☐ B+ ☐ C-
☐ B ☐ D+

19. How often do you attend religious services or activities?

- ☐ Never
☐ Rarely
☐ 1-2 Times a Month
☐ About Once a Week or More

20. What is your religious preference (choose the religion with which you identify the most)?

- ☐ Catholic ☐ Protestant
☐ Jewish ☐ Other
☐ LDS (Mormon) ☐ No preference

21. Does your campus have alcohol and drug policies?

22. If so, are they enforced?

23. Does your campus have a drug and alcohol prevention program?

24. Do you believe your campus is concerned about the prevention of drug and alcohol use?

25. Are you actively involved in efforts to prevent drug and alcohol use problems on your campus?

26. Would you support a policy to make your campus tobacco-free?

27. Would you prefer to attend parties where:

- a. alcohol is available
☐ Yes ☐ No ☐ Doesn't matter
b. drugs are available
☐ Yes ☐ No ☐ Doesn't matter

| | Yes | No | Don't know |
|--|--------------------------|--------------------------|--------------------------|
| 28. Do you support stricter disciplinary consequences for students who repeatedly violate campus alcohol policies? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 29. Do you think other students support stricter disciplinary consequences for students who repeatedly violate alcohol policies? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

28. Do you support stricter disciplinary consequences for students who repeatedly violate campus alcohol policies?

29. Do you think other students support stricter disciplinary consequences for students who repeatedly violate alcohol policies?

30. Think back over the last two weeks. How many times have you had five or more drinks at a sitting?

- ☐ None ☐ 3 to 5 times
☐ Once ☐ 6 to 9 times
☐ Twice ☐ 10 or more times

31. What is the average number of drinks you consume in a week (if less than 10, code answers as 00, 01, 02, etc.)?

| | |
|---|---|
| 0 | 0 |
| 1 | 1 |
| 2 | 2 |
| 3 | 3 |
| 4 | 4 |
| 5 | 5 |
| 6 | 6 |
| 7 | 7 |
| 8 | 8 |
| 9 | 9 |

| | Yes | No | Don't know |
|---|--------------------------|--------------------------|--------------------------|
| I didn't smoke in the past 12 months | | | |
| 32. During the past year have you ever stopped smoking for a day or longer because you were trying to quit smoking? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 33. Would you consider using any of the following services to quit smoking: | | | |
| a. calling a quit line | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| b. a campus based stop smoking clinic or class | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| c. one-on-one counseling from a doctor or nurse | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| d. self help material, books or videos | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| e. free internet quit service | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| f. other (please specify) _____ | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

34. During the past 30 days:

- a. how many ads or promotions for tobacco products have you seen on or near campus?
☐ None ☐ A few ☐ A lot
b. how many posters, newspaper articles, or other print displays with anti-tobacco messages have you seen on or near campus?
☐ None ☐ A few ☐ A lot

On how many occasions (if any) have you:

OCCASIONS

| | 0 | 1-2 | 3-5 | 6-9 | 10-19 | 20-39 | 40+ |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 35. had alcoholic beverages (beer, wine or hard liquor) to drink in the past year – more than just a few sips? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 36. had beer, wine or hard liquor to drink during the past 30 days ? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 37. been drunk or very high from drinking alcoholic beverages during the past 30 days ? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 38. used marijuana (grass, pot) or hashish (hash, hash oil) in the past year ? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 39. used marijuana (grass, pot) or hashish (hash, hash oil) during the past 30 days ? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 40. used LSD or other psychedelics in the past year ? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 41. used LSD or other psychedelics during the past 30 days ? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 42. used cocaine or crack in the past year ? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 43. used cocaine or crack during the past 30 days ? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 44. sniffed glue, breathed the contents of an aerosol spray can, or inhaled other gases or sprays (nitrous or poppers), in order to get high in the past year ? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 45. sniffed glue, breathed the contents of an aerosol spray can, or inhaled other gases or sprays (nitrous or poppers), in order to get high during the past 30 days ? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 46. used phenoxydine (pox, px, breeze) in the past year ? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 47. used phenoxydine (pox, px, breeze) during the past 30 days ? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 48. used stimulants (amphetamines, meth, crystal, Ritalin, Dexedrine) without a doctor telling you to take them, in the past year ? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 49. used stimulants (amphetamines, meth, crystal, Ritalin, Dexedrine) without a doctor telling you to take them, during the past 30 days ? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 50. used sedatives (tranquilizers, such as valium or xanax, barbiturates, or sleeping pills) without a doctor telling you to take them, in the past year ? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 51. used sedatives (tranquilizers, such as valium or xanax, barbiturates, or sleeping pills) without a doctor telling you to take them, during the past 30 days ? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 52. used heroin or other opiates (codeine, oxycontin) without a doctor telling you to take them, in the past year ? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 53. used heroin or other opiates (codeine, oxycontin) without a doctor telling you to take them, during the past 30 days ? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 54. used DXM (dextromethorphan, drinking cough syrup to get high) in the past year ? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 55. used DXM (dextromethorphan, drinking cough syrup to get high) during the past 30 days ? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 56. used MDMA ('X', 'E', or ecstasy) in the past year ? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 57. used MDMA ('X', 'E', or ecstasy) during the past 30 days ? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 58. used club drugs other than MDMA (such as GHB, rohypnol, or ketamine) in the past year ? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 59. used club drugs other than MDMA (such as GHB, rohypnol, or ketamine) during the past 30 days ? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

60. Have you ever used smokeless tobacco (chew, snuff, plug, dipping tobacco, or chewing tobacco)?

- ☐ Never
 ☐ Regularly in the past
 ☐ Once or Twice
 ☐ Regularly now
 ☐ Once in a while but not regularly

61. How often have you taken smokeless tobacco during the past 30 days?

- ☐ Not at all
 ☐ Three to five times per week
 ☐ Once or twice
 ☐ About once a day
 ☐ Once or twice per week
 ☐ More than once a day

62. Have you ever smoked cigarettes?

- ☐ Never
 ☐ Regularly in the past
 ☐ Once or Twice
 ☐ Regularly now
 ☐ Once in a while but not regularly

63. How frequently have you smoked cigarettes during the past 30 days?

- ☐ Not at all
☐ Less than one cigarette per day
☐ One to five cigarettes per day
☐ About one-half pack per day
☐ About one pack per day
☐ About one and one-half packs per day
☐ Two packs or more per day

64. During the last month, about how many marijuana cigarettes, or the equivalent, did you smoke a day, on the average? (If you shared them with other people, count only the amount YOU smoked).

- ☐ None ☐ 4-6 a day
☐ Less than 1 a day ☐ 7-10 a day
☐ 1 a day ☐ 11 or more a day
☐ 2-3 a day

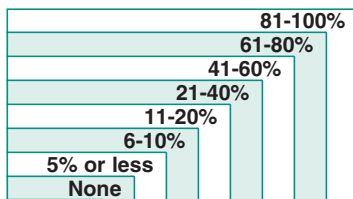
65. Have you ever used prescription drugs to manage pain in a way that was not originally intended by your doctor? (Mark all that apply)

- ☐ I have used medication for a longer time period than originally intended by my doctor.
☐ I have used medication at a higher dosage than originally intended by my doctor.
☐ I have used pain medication for an unrelated injury, pain, or problem.
☐ I have used someone else's prescription.
☐ I use prescription drugs as prescribed.

66. Have you ever obtained prescription drugs for non-medical reasons, such as to get high, relax, improve mood, or socialize with friends; or to manage pain in a way that was not originally intended by your doctor (for example, for a longer time period, at a higher dose, or for an unrelated injury)? (Mark all that apply)

- ☐ I have obtained prescription drugs over the internet.
☐ I have lied to obtain prescription drugs.
☐ I have had more than one doctor at the same time for the purpose of getting multiple prescriptions of the same drug.
☐ I have taken someone else's prescription.
☐ I obtain and use prescription drugs appropriately.

67. Students have different ideas of what OTHER students think or do. What do you think is the percentage of students at your school who, in the PAST YEAR:



| | | | | | | | | | |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| a. have used tobacco products? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| b. have had alcohol (more than a sip)? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| c. have used marijuana? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| d. have used an illegal drug (not including marijuana)? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| e. have used prescription drugs for non-medical reasons? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

68. Have any of your family had alcohol or other drug problems:

- a. father ☐ No ☐ Yes
b. mother ☐ No ☐ Yes
c. brother(s)/sister(s) ☐ No ☐ Yes
d. other relative(s) ☐ No ☐ Yes

69. How often have you experienced the following due to your drinking or drug use during the last year:

| 10 or more times | 6-9 times | 3-5 times | Twice | Once | Never |
|------------------|-----------|-----------|-------|------|-------|
|------------------|-----------|-----------|-------|------|-------|

| | | | | | | |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| a. had a hangover | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| b. performed poorly on a test or important project | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| c. been in trouble with police, residence hall, or other college authorities | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| d. damaged property, pulled fire alarm, etc. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| e. got into an argument or fight | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| f. got nauseated or vomited | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| g. driven a car while under the influence | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| h. missed a class | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| i. been criticized by someone I know | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| j. thought I might have a drinking or other drug problem | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| k. had a memory loss | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| l. done something I later regretted | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| m. been arrested for DWI/DUI | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| n. have been taken advantage of sexually | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| o. have taken advantage of another sexually | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| p. tried unsuccessfully to stop using | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| q. seriously thought about suicide | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| r. seriously tried to commit suicide | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| s. been hurt or injured | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

70. Within the last year to what extent have you participated in any of the following activities?

| leadership position | active involvement (non-leader) | attended | not involved |
|---------------------|---------------------------------|----------|--------------|
|---------------------|---------------------------------|----------|--------------|

| | | | | |
|---|-----------------------|-----------------------|-----------------------|-----------------------|
| a. intercollegiate athletics | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| b. intramural or club sports | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| c. social fraternities or sororities | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| d. religious and interfaith groups | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| e. international and language groups | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| f. minority and ethnic organizations | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| g. political and social action groups | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| h. music and other performing arts groups | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| i. student newspaper, radio, TV, magazine, etc. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| j. volunteer time to help others | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

71. How do you think your close friends feel (or would feel) about you:

| | Strongly disapprove | Disapprove | Don't disapprove |
|--|-----------------------|-----------------------|-----------------------|
| a. trying marijuana once or twice | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| b. smoking marijuana occasionally | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| c. smoking marijuana regularly | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| d. trying cocaine once or twice | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| e. taking cocaine regularly | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| f. trying LSD once or twice | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| g. taking LSD regularly | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| h. trying amphetamines once or twice | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| i. taking amphetamines regularly | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| j. taking one or two drinks of an alcoholic beverage (beer, wine, liquor) nearly every day | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| k. taking four or five drinks nearly every day | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| l. having five or more drinks in one sitting | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| m. using tobacco regularly | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| n. taking steroids for body building or improved athletic performance | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

72. Do you believe that alcohol has the following effects?

| | Yes | No |
|---|-----------------------|-----------------------|
| a. breaks the ice | <input type="radio"/> | <input type="radio"/> |
| b. enhances social activity | <input type="radio"/> | <input type="radio"/> |
| c. makes it easier to deal with stress | <input type="radio"/> | <input type="radio"/> |
| d. facilitates a connection with peers | <input type="radio"/> | <input type="radio"/> |
| e. gives people something to talk about | <input type="radio"/> | <input type="radio"/> |
| f. facilitates male bonding | <input type="radio"/> | <input type="radio"/> |
| g. facilitates female bonding | <input type="radio"/> | <input type="radio"/> |
| h. allows people to have more fun | <input type="radio"/> | <input type="radio"/> |
| i. gives people something to do | <input type="radio"/> | <input type="radio"/> |
| j. makes food taste better | <input type="radio"/> | <input type="radio"/> |
| k. makes women sexier | <input type="radio"/> | <input type="radio"/> |
| l. makes men sexier | <input type="radio"/> | <input type="radio"/> |
| m. makes me sexier | <input type="radio"/> | <input type="radio"/> |
| n. facilitates sexual opportunities | <input type="radio"/> | <input type="radio"/> |

73. Campus environment:

| | | |
|---|-----------------------|-----------------------|
| a. does the social atmosphere on this campus promote alcohol use? | <input type="radio"/> | <input type="radio"/> |
| b. does the social atmosphere promote other drug use? | <input type="radio"/> | <input type="radio"/> |
| c. do you feel safe on this campus? | <input type="radio"/> | <input type="radio"/> |

74. On this campus, is drinking a central part in the social life of the following groups:

| | Yes | No |
|--------------------|-----------------------|-----------------------|
| a. male students | <input type="radio"/> | <input type="radio"/> |
| b. female students | <input type="radio"/> | <input type="radio"/> |
| c. faculty/staff | <input type="radio"/> | <input type="radio"/> |
| d. alumni | <input type="radio"/> | <input type="radio"/> |
| e. athletes | <input type="radio"/> | <input type="radio"/> |
| f. fraternities | <input type="radio"/> | <input type="radio"/> |
| g. sororities | <input type="radio"/> | <input type="radio"/> |

75. To what extent has your alcohol use changed within the last 12 months?

| | I do not use | Decreased | About the same | Increased |
|---|-----------------------|-----------------------|-----------------------|-----------------------|
| 75. To what extent has your alcohol use changed within the last 12 months? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 76. To what extent has your illegal drug use changed within the last 12 months? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

77. To what extent do you agree with the following statements?

| | Strongly disagree | Disagree | Neutral | Agree | Strongly agree |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| a. I feel valued as a person on this campus | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| b. I feel that faculty and staff care about me as a student | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| c. I have a responsibility to contribute to the well-being of other students | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| d. my campus encourages me to help others in need | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| e. I abide by the university policy and regulations that concern alcohol and other drug use | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| f. drug and alcohol use are a normal part of college life | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

78. In the last month, have you provided or served alcohol to a person younger than age 21?

☐ Never

☐ Once or Twice

☐ Three or more times

79. In which of the following ways do other students' drinking interfere with your life on or around campus?

| | Yes | No |
|--|--------------------------|--------------------------|
| a. interrupts your studying | <input type="checkbox"/> | <input type="checkbox"/> |
| b. makes you feel unsafe | <input type="checkbox"/> | <input type="checkbox"/> |
| c. messes up your physical living space (cleanliness, neatness, organization, etc.) | <input type="checkbox"/> | <input type="checkbox"/> |
| d. adversely affects your involvement on an athletic team or in other organized groups | <input type="checkbox"/> | <input type="checkbox"/> |
| e. prevents you from enjoying events (concerts, sports, social activities, etc.) | <input type="checkbox"/> | <input type="checkbox"/> |
| f. interferes in other way(s) | <input type="checkbox"/> | <input type="checkbox"/> |
| g. doesn't interfere with my life | <input type="checkbox"/> | <input type="checkbox"/> |

| | alcohol | | drugs | |
|--|--------------------------|--------------------------|--------------------------|--------------------------|
| | Yes | No | Yes | No |
| 80. In the past 12 months, have you spent more time using alcohol or drugs than you intended? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 81. In the past 12 months, have you neglected some of your usual responsibilities because of using alcohol or drugs? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 82. In the past 12 months, have you wanted to cut down on your alcohol or drug use? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 83. In the past 12 months, has anyone objected to your alcohol or drug use? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 84. In the past 12 months, did you frequently find yourself thinking about using alcohol or drugs? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 85. In the past 12 months, did you use alcohol or drugs to relieve feelings such as sadness, anger or boredom? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

| | Very Easy | | | |
|---|--------------------------|--------------------------|--------------------------|--------------------------|
| | Sort of Easy | | Sort of Hard | |
| | Very Hard | | | |
| 86. If you wanted to get some beer, wine or hard liquor (for example, vodka, whiskey or gin), how easy would it be for you to get some? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 87. If you wanted to get some marijuana, how easy would it be for you to get some? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 88. If you wanted to get a drug like cocaine, LSD, or amphetamines, how easy would it be for you to get some? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 89. If you wanted to get some prescription drugs for non-medical reasons, how easy would it be for you to get some? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

90. How often do you feel that the school work you are assigned is meaningful and important?

- ☐ Never ☐ Often
☐ Seldom ☐ Almost Always
☐ Sometimes

91. How interesting are most of your courses to you?

- ☐ Very interesting and stimulating
☐ Quite interesting
☐ Fairly interesting
☐ Slightly interesting
☐ Very dull

92. During the past year, how did you usually get beer, wine, or hard liquor (select only one response)?

- ☐ I did not drink beer, wine or hard liquor during the past year
☐ I bought them in a liquor store
☐ I gave someone else money to buy them for me
☐ I had them at a party
☐ I had them at home
☐ A person 21 years old or older gave them to me
☐ I took them from a family member
☐ I got them some other way (Please Specify) _____

93. How wrong do you think it is for someone your age to:

| | Not Wrong at All | | | |
|---|--------------------------|--------------------------|--------------------------|--------------------------|
| | A Little Bit Wrong | | Wrong | |
| | Very Wrong | | | |
| a. drink beer, wine or hard liquor (for example, vodka, whiskey or gin) regularly, that is, at least once or twice a month? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| b. smoke cigarettes? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| c. smoke marijuana? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| d. use LSD, cocaine, amphetamines or another illegal drug? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

94. How much do you think people risk harming themselves (physically or in other ways) if they:

| | Great Risk | | | |
|---|--------------------------|--------------------------|--------------------------|--------------------------|
| | Moderate Risk | | Slight Risk | |
| | No Risk | | | |
| a. smoke one or more packs of cigarettes per day? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| b. try marijuana once or twice? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| c. smoke marijuana regularly? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| d. take one or two drinks of an alcoholic beverage (beer, wine, liquor) nearly every day? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| e. take five or more drinks in one sitting? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

95. At what age did you first use:

| | Under 10 | 10-11 | 12-13 | 14-15 | 16-17 | 18-20 | 21-25 | 26+ |
|-------------|----------|-------|-------|-------|-------|-------|-------|-----|
| Did not use | | | | | | | | |

| | | | | | | | | |
|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| a. alcoholic beverages (including beer, wine or hard liquor) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| b. marijuana (grass, pot) or hashish (hash, hash oil) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| c. LSD or other psychedelics | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| d. cocaine or crack | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| e. inhalants, sniffed glue, breathed the contents of an aerosol spray can, or inhaled other gases or sprays (nitrous or poppers), in order to get high | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| f. phenoxydine (pox, px, breeze) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| g. stimulants (amphetamines, meth, crystal, Ritalin, Dexedrine) without a doctor telling you to take them | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| h. sedatives (tranquilizers, such as valium or xanax, barbiturates, or sleeping pills) without a doctor telling you to take them | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| i. heroin or other opiates (codeine, oxycontin) without a doctor telling you to take them | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| j. DXM (dextromethorphan, drinking cough syrup to get high) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| k. MDMA ('X', 'E', or ecstasy) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| l. club drugs other than MDMA (such as GHB, rohypnol, or ketamine) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

96. I do the opposite of what people tell me, just to get them mad.

- ☐ Very False ☐ Somewhat True
☐ Somewhat False ☐ Very True

97. I like to see how much I can get away with.

- ☐ Very False ☐ Somewhat True
☐ Somewhat False ☐ Very True

98. I ignore rules that get in my way.

- ☐ Very False ☐ Somewhat True
☐ Somewhat False ☐ Very True

99. How many different sexual partners have you had in the past year (if less than 10, code answers as 00, 01, 02, etc.)?

| | |
|---|---|
| 0 | 0 |
| 1 | 1 |
| 2 | 2 |
| 3 | 3 |
| 4 | 4 |
| 5 | 5 |
| 6 | 6 |
| 7 | 7 |
| 8 | 8 |
| 9 | 9 |

100. How often did you or your partner use a condom in the past year?

- ☐ Not sexually active ☐ Mostly
☐ Never ☐ Always
☐ Sometimes

| Definitely Not True | Mostly Not True | Mostly True | Definitely True |
|---------------------|-----------------|-------------|-----------------|
|---------------------|-----------------|-------------|-----------------|

| | | | | |
|---|--------------------------|--------------------------|--------------------------|--------------------------|
| 101. Sometimes I think that life is not worth it. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 102. At times I think I am no good at all. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 103. All in all, I am inclined to think that I am a failure. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 104. In the past year, have you felt depressed or sad MOST days, even if you felt OK sometimes? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

| Always | Most of the time | Sometimes | Rarely | Never |
|--------|------------------|-----------|--------|-------|
|--------|------------------|-----------|--------|-------|

| | | | | | |
|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 105. How often do you wear a seatbelt when riding in a car driven by someone else? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 106. How often do you wear a seatbelt when driving a car? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

107. During the past month, did you eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?

- ☐ No ☐ Yes

108. On how many of the past 7 days did you exercise or participate in physical activity for a total of at least 30 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?

- ☐ 0 days ☐ 4 days
☐ 1 day ☐ 5 days
☐ 2 days ☐ 6 days
☐ 3 days ☐ all 7 days

109. In the past 12 months has a doctor, nurse, or other health professional given you advice about your weight?

- ☐ Yes, lose weight ☐ Yes, maintain weight
☐ Yes, gain weight ☐ No

110. During the past month, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise?

- ☐ No ☐ Yes

111. Do you usually wear a helmet when you do the following:

| | I do not participate in this activity | | | | |
|--|---------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| | Always | | | | |
| | Most of the time | | | | |
| | Sometimes | | | | |
| | Rarely | | | | |
| | Never | | | | |
| a. ride a bicycle | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| b. snow / winter sports | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| c. water sports (kayaking, windsurfing, etc.) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| d. summer sports not including water sports (skating, rock climbing, etc.) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| e. motorcycle / scooter riding | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

112. During the past 12 months, how many times were you in a physical fight?

- ☐ 0 times ☐ 6 or 7 times
☐ 1 time ☐ 8 or 9 times
☐ 2 or 3 times ☐ 10 or 11 times
☐ 4 or 5 times ☐ 12 or more times

113. How have you been feeling during the past week or two?

- ☐ In excellent spirits
☐ In very good spirits
☐ In good spirits mostly
☐ I have been up and down in spirits a lot
☐ In low spirits mostly
☐ In very low spirits

114. Have you been bothered by nervousness or your nerves during the past week or two?

- ☐ Extremely so-to the point where I could not work or take care of things
☐ Very much so
☐ Quite a bit
☐ Some - enough to bother me
☐ A little
☐ Not at all

115. Have you been in firm control of your behavior, thoughts, emotions, or feelings during the past week or two?

- ☐ Yes, definitely so
☐ Yes, for the most part
☐ Generally so
☐ Not too well
☐ No, and I am somewhat disturbed
☐ No, and I am very disturbed

116. Have you felt so sad, discouraged, hopeless or had so many problems that you wondered if anything was worthwhile during the past week or two?

- ☐ Extremely so-to the point that I have just about given up
☐ Very much so
☐ Quite a bit
☐ Some-enough to bother me
☐ A little bit
☐ Not at all

117. How happy, satisfied, or pleased have you been with your personal life during the past week or two?

- ☐ Extremely happy-could not have been more satisfied or pleased
☐ Very happy
☐ Fairly happy
☐ Satisfied, pleased
☐ Somewhat dissatisfied
☐ Very dissatisfied

118. Have you been under or felt you were under any strain, stress, or pressure during the past week or two?

- ☐ Yes, almost more than I could bear or stand
☐ Yes, quite a bit of pressure
☐ Yes, some - more than usual
☐ Yes, some - but about usual
☐ Yes, a little
☐ Not at all

119. Have you had any reason to wonder if you were losing control over the way you talk, think or feel during the past week or two?

- ☐ Not at all
☐ Only a little
☐ Some, but not enough to be concerned or worried about
☐ Some, and I have been a little concerned
☐ Some, and I am quite concerned
☐ Yes, very much so and I am very concerned

120. Have you been anxious, worried or upset during the past week or two?

- ☐ Extremely so, to the point of being sick, or almost sick
☐ Very much so
☐ Quite a bit
☐ Some, enough to bother me
☐ A little bit
☐ Not at all

121. Have you felt down-hearted and blue during the past week or two?

- ☐ All the time
☐ Most of the time
☐ A good bit of the time
☐ Some of the time
☐ A little of the time
☐ None of the time

122. Have you been feeling emotionally stable and sure of yourself during the past week or two?

- ☐ All the time
☐ Most of the time
☐ A good bit of the time
☐ Some of the time
☐ A little of the time
☐ None of the time

123. The next questions are about the foods you usually eat or drink. Please indicate how often you eat or drink each one, for example, 2 per day OR 3 per week, OR 1 per month, and so forth. **RECORD ONLY ONE ANSWER FOR EACH QUESTION.** Include all foods you eat, both at home and away from home.

a. How often do you drink fruit juices such as orange, grapefruit, or tomato?

| per day | per week | per month | per year |
|---------|----------|-----------|----------|
| 0 | 0 | 0 | 0 |
| 1 | 1 | 1 | 1 |
| 2 | 2 | 2 | 2 |
| 3 | 3 | 3 | 3 |
| 4 | 4 | 4 | 4 |
| 5 | 5 | 5 | 5 |
| 6 | 6 | 6 | 6 |
| 7 | 7 | 7 | 7 |
| 8 | 8 | 8 | 8 |
| 9 | 9 | 9 | 9 |

b. Not counting juice, how often do you eat fruit?

| per day | per week | per month | per year |
|---------|----------|-----------|----------|
| 0 | 0 | 0 | 0 |
| 1 | 1 | 1 | 1 |
| 2 | 2 | 2 | 2 |
| 3 | 3 | 3 | 3 |
| 4 | 4 | 4 | 4 |
| 5 | 5 | 5 | 5 |
| 6 | 6 | 6 | 6 |
| 7 | 7 | 7 | 7 |
| 8 | 8 | 8 | 8 |
| 9 | 9 | 9 | 9 |

c. How often do you eat green salad?

| per day | per week | per month | per year |
|---------|----------|-----------|----------|
| 0 | 0 | 0 | 0 |
| 1 | 1 | 1 | 1 |
| 2 | 2 | 2 | 2 |
| 3 | 3 | 3 | 3 |
| 4 | 4 | 4 | 4 |
| 5 | 5 | 5 | 5 |
| 6 | 6 | 6 | 6 |
| 7 | 7 | 7 | 7 |
| 8 | 8 | 8 | 8 |
| 9 | 9 | 9 | 9 |

d. How often do you eat potatoes not including french fries, fried potatoes, or potato chips?

| per day | per week | per month | per year |
|---------|----------|-----------|----------|
| 0 | 0 | 0 | 0 |
| 1 | 1 | 1 | 1 |
| 2 | 2 | 2 | 2 |
| 3 | 3 | 3 | 3 |
| 4 | 4 | 4 | 4 |
| 5 | 5 | 5 | 5 |
| 6 | 6 | 6 | 6 |
| 7 | 7 | 7 | 7 |
| 8 | 8 | 8 | 8 |
| 9 | 9 | 9 | 9 |

e. How often do you eat carrots?

| per day | per week | per month | per year |
|---------|----------|-----------|----------|
| 0 | 0 | 0 | 0 |
| 1 | 1 | 1 | 1 |
| 2 | 2 | 2 | 2 |
| 3 | 3 | 3 | 3 |
| 4 | 4 | 4 | 4 |
| 5 | 5 | 5 | 5 |
| 6 | 6 | 6 | 6 |
| 7 | 7 | 7 | 7 |
| 8 | 8 | 8 | 8 |
| 9 | 9 | 9 | 9 |

f. Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat?
(A serving of vegetables at both lunch and dinner would be two servings.)

| per day | per week | per month | per year |
|---------|----------|-----------|----------|
| 0 | 0 | 0 | 0 |
| 1 | 1 | 1 | 1 |
| 2 | 2 | 2 | 2 |
| 3 | 3 | 3 | 3 |
| 4 | 4 | 4 | 4 |
| 5 | 5 | 5 | 5 |
| 6 | 6 | 6 | 6 |
| 7 | 7 | 7 | 7 |
| 8 | 8 | 8 | 8 |
| 9 | 9 | 9 | 9 |

This is all of the questions, thank you for taking the time to fill out this survey.

APPENDIX B: Survey Administration Materials: Online Student Invitation to Participate, Teacher Survey Administration Instructions, Class Administration Instructions and Script

STUDENT ON-LINE INVITATION TO PARTICIPATE

You have been selected from a random sample of students to participate in the Utah Higher Education Health Behavior Survey. The purpose of this survey is to learn what students at Utah colleges think about alcohol, tobacco, and other drug use, school, their peers, and health related behaviors. The information gathered will be used for planning prevention services on campus.

The survey is anonymous and voluntary. If you do not wish to participate feel free to refuse. If you wish to accept this invitation you may either take the survey on-line or at the Student Testing Center during [INSERT DATES].

To take the survey on-line, go to [INSERT ADDRESS].

ID: [INSERT ID]

Password: [INSERT PASSWORD]

After logging in, you will receive detailed instructions. The survey itself will be self-explanatory. In appreciation of your participation, upon completion of the survey, you may enter an “opportunity drawing” for [INSERT DETAILS OF YOUR DRAWING – PRIZE AND NUMBER AWARDED, ETC.]. After 2 weeks, students who have not filled out the information for the opportunity drawing will be sent a reminder to complete the survey. However, there will be no way to link your survey responses to your contact information. Please be assured that your survey responses are anonymous.

Thank you for taking the time to consider participating in this survey. We again want to stress that the information is anonymous and that this is strictly a voluntary survey.

Utah Higher Education Health Behavior Survey (UHEHBS)

Instructor Guide (With Drawing)

Prior to Class:

1. Make certain that you have enough survey booklets for all of the students in your class, and remember that only students 18 years of age and older can take this survey.
2. Make sure you have enough drawing entries for the entire class.
3. Please verify that your class seating is arranged so that others cannot see a student's answers to the survey questions.
4. The student survey will last an **entire class period (45 minutes)**. Please reserve the whole class period on the selected date so that your students have time to finish the survey without feeling rushed.

During Class:

1. A verbatim script, called "Class Administration Instructions," is included with this package. These instructions must be carefully and clearly read to your students at the beginning of the class period.
2. Please remain at the front of the classroom while students are completing the survey. It is important that the students feel comfortable that no one will see their answers.
3. It is important that students use the pencils provided (No. 2) because the surveys will be scanned to retrieve the data.
4. Write on the board: For further questions or information contact Utah State Dept. of Human Services: Connie Kitchens at 801-538-3939 or Mary Caputo 538-4295. Or the Campus Office of Alcohol & Drug Education [INSERT CONTACT'S NAME AND NUMBER].
5. At the end of class, pass around the large envelope and ask students to place their completed surveys inside. Monitor this process to ensure that students **do not** take any surveys out of the envelope as it goes around the room. Instruct the last person in class to seal the envelope before returning it to you. Also, instruct the students to fill out the entry form if they wish to participate in the "opportunity drawing" for their participation.
6. Before returning the completed surveys, fill out the information on the envelope label. ***This information is very important to ensure the validity of the data.***

After Class:

1. Please return the envelopes containing all of your **used** survey materials to your school's survey coordinator at the end of the class period **OR** work with your survey coordinator to arrange another means of transferring the packet. It is important that these materials are stored in a safe location to protect the students.

Utah Higher Education Health Behavior Survey (UHEHBS)

Instructor Guide (No Drawing)

Prior to Class:

1. Make certain that you have enough survey booklets for all of the students in your class, and remember that only students 18 years of age and older can take this survey.
2. Make sure you have enough drawing entries for the entire class.
3. Please verify that your class seating is arranged so that others cannot see a student's answers to the survey questions.
4. The student survey will last an **entire class period (45 minutes)**. Please reserve the whole class period on the selected date so that your students have time to finish the survey without feeling rushed.

During Class:

1. A verbatim script, called "Class Administration Instructions," is included with this package. These instructions must be carefully and clearly read to your students at the beginning of the class period.
2. Please remain at the front of the classroom while students are completing the survey. It is important that the students feel comfortable that no one will see their answers.
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5. At the end of class, pass around the large envelope and ask students to place their completed surveys inside. Monitor this process to ensure that students **do not** take any surveys out of the envelope as it goes around the room. Instruct the last person in class to seal the envelope before returning it to you.
6. Before returning the completed surveys, fill out the information on the envelope label. ***This information is very important to ensure the validity of the data.***

After Class:

1. Please return the envelopes containing all of your **used** survey materials to your school's survey coordinator at the end of the class period **OR** work with your survey coordinator to arrange another means of transferring the packet. It is important that these materials are stored in a safe location to protect the students.

CLASS SCRIPT – WITH DRAWING

[READ TO THE CLASS:] Today, we will be completing the Utah Higher Education Health Behavior Survey. The purpose of this survey is to learn what students in Utah colleges think about alcohol, tobacco, and other drug use, school, their peers, and health related behaviors. This information will be used for planning prevention services on campus.

The survey is **anonymous**. The survey does not ask for your name or any other identifying information, so no one will know how you answer any of the questions. You should read each question on the survey and fill in the circle for your answer. **If there are any questions that you do not wish to answer for any reason, you do not have to answer them. Simply leave them blank.**

At the end of class, I will pass around an envelope and ask you to place your completed survey booklet inside. The last person in class will seal this envelope before returning it to me. I will also pass around an additional envelope that you may put your name and phone number in to enter an “opportunity drawing” for your participation. You will be eligible to win [INSERT DETAILS OF YOUR DRAWING].

The survey is voluntary. If you do not wish to participate in the survey, please just set the survey aside and [SUGGEST AN ALTERNATE ACTIVITY SUCH AS READING QUIETLY].

I’m going to read some instructions to you about completing the survey. Please listen carefully.

[PASS OUT SURVEY BOOKLETS AND THEN READ THE INSTRUCTIONS AT THE BEGINNING OF THE QUESTIONNAIRE AND HAVE THE STUDENTS FOLLOW ALONG. THEN, READ THE FOLLOWING TO THE CLASS:]

- A machine will read your answers automatically.
- Please use the pencil provided or a dark lead #2 pencil to mark your answers.
- Fill in each circle completely and cleanly erase any answer you wish to change.
- Do not make any other marks or comments on the questionnaire.
- Remember: **Do not put your name on the questionnaire.**
- If you are under age 18, **do not** take this survey.

Please answer the questions as honestly as you can so that the information that comes from the survey is correct and useful. When you finish, please remain at your desk and read or work quietly. If, at any time during the survey, you have a question, raise your hand. For those of you who are still working at the end of class, I will tell you when it’s time to stop. If you don’t finish the entire questionnaire, that’s okay. You may begin.

[AT THE END OF CLASS, PUT ANY UNUSED QUESTIONNAIRES INTO THE ENVELOPE AND SAY:] The class period is over now. If you have not finished the survey, please stop where you are and close the survey booklet. I’m passing around an envelope now. Please put your completed survey inside the envelope and pass it to the next person. Will the last person seal the envelope and return it to me. I’m also passing around the envelope to participate in the “opportunity drawing”. Please fill out the entry blank with your preferred method of contact.

On behalf of the Utah Department of Human Services and [college], I would like to thank you for your participation in this important study.

CLASS SCRIPT - NO DRAWING

[READ TO THE CLASS:] Today, we will be completing the Utah Higher Education Health Behavior Survey. The purpose of this survey is to learn what students in Utah colleges think about alcohol, tobacco, and other drug use, school, their peers, and health related behaviors. This information will be used for planning prevention services on campus.

The survey is **anonymous**. The survey does not ask for your name or any other identifying information, so no one will know how you answer any of the questions. You should read each question on the survey and fill in the circle for your answer. **If there are any questions that you do not wish to answer for any reason, you do not have to answer them. Simply leave them blank.**

At the end of class, I will pass around an envelope and ask you to place your completed survey booklet inside. The last person in class will seal this envelope before returning it to me.

The survey is voluntary. If you do not wish to participate in the survey, please just set the survey aside and [SUGGEST AN ALTERNATE ACTIVITY SUCH AS READING QUIETLY].

I'm going to read some instructions to you about completing the survey. Please listen carefully.

[PASS OUT SURVEY BOOKLETS AND THEN READ THE INSTRUCTIONS AT THE BEGINNING OF THE QUESTIONNAIRE AND HAVE THE STUDENTS FOLLOW ALONG. THEN, READ THE FOLLOWING TO THE CLASS:]

- A machine will read your answers automatically.
- Please use the pencil provided or a dark lead #2 pencil to mark your answers.
- Fill in each circle completely and cleanly erase any answer you wish to change.
- Do not make any other marks or comments on the questionnaire.
- Remember: **Do not put your name on the questionnaire.**
- If you are under age 18, **do not** take this survey.

Please answer the questions as honestly as you can so that the information that comes from the survey is correct and useful.

When you finish, please remain at your desk and read or work quietly. If, at any time during the survey, you have a question, raise your hand. For those of you who are still working at the end of class, I will tell you when it's time to stop. If you don't finish the entire questionnaire, that's okay.

You may begin.

[AT THE END OF CLASS, PUT ANY UNUSED QUESTIONNAIRES INTO THE ENVELOPE AND SAY:] The class period is over now. If you have not finished the survey, please stop where you are and close the survey booklet. I'm passing around an envelope now. Please put your survey inside the envelope and pass it to the next person. Will the last person seal the envelope and return it to me.

On behalf of the Utah Department of Human Services and [college], I would like to thank you for your participation in this important study.

APPENDIX C: Responses from Online Surveys Compared to In-Class Surveys

Responses from Online Surveys Compared to In-Cass Surveys

Participant Characteristics: UofU, USU, and SLCC (2003 and 2005 combined)

| | Online Surveys | | Paper Surveys | |
|--|----------------|---------|---------------|---------|
| | Number | Percent | Number | Percent |
| Total | 4,611 | | 1,690 | |
| Total Dishonest | 77 | 1.6% | 9 | 0.5% |
| Gender | | | | |
| Male | 2,031 | 44.4% | 860 | 51.5% |
| Female | 2,548 | 55.6% | 810 | 48.5% |
| Class | | | | |
| Freshmen | 991 | 21.5% | 550 | 32.8% |
| Sophomores | 1,428 | 31.1% | 527 | 31.4% |
| Juniors | 1,031 | 22.4% | 290 | 17.3% |
| Seniors | 949 | 20.6% | 271 | 16.1% |
| Student Status | | | | |
| Full-time | 3,366 | 74.0% | 1,252 | 74.2% |
| Part-time | 1,183 | 26.0% | 423 | 25.8% |
| Age (online mean = 23.9; paper mean = 22.5) | | | | |
| 24 or Less | 3,228 | 70.9% | 1,293 | 79.4% |
| Greater than 24 | 1,327 | 29.1% | 335 | 20.6% |
| Current Residence | | | | |
| On-campus | 682 | 15.2% | 273 | 16.3% |
| Off-campus | 3,796 | 84.8% | 1399 | 83.7% |
| Permanent Residence | | | | |
| In-state | 4,184 | 91.1% | 1,523 | 91.0% |
| USA, but other state | 358 | 7.8% | 123 | 7.4% |
| Country other than USA | 52 | 1.1% | 27 | 1.6% |
| Relationship Status | | | | |
| Single | 2,936 | 63.9% | 1215 | 72.5% |
| Married | 1,381 | 30.0% | 393 | 23.4% |
| Separated | 36 | 0.8% | 10 | 0.6% |
| Divorced | 132 | 2.9% | 40 | 2.4% |
| Widowed | 3 | 0.1% | 6 | 0.4% |
| Cohabiting | 108 | 2.3% | 12 | 0.7% |
| Currently Employed? | | | | |
| No | 1,146 | 25.0% | 428 | 25.7% |
| Yes, full time | 1,281 | 27.9% | 502 | 30.1% |
| Yes, part-time | 2,160 | 47.1% | 737 | 44.2% |

Participant Characteristics: UofU, USU, and SLCC (2003 and 2005 combined)

| | Online Surveys | | Paper Surveys | |
|-----------------------------|----------------|---------|---------------|---------|
| | Number | Percent | Number | Percent |
| Total | 4,611 | | 1,690 | |
| Religious Preference | | | | |
| Catholic | 220 | 4.8% | 74 | 4.4% |
| Jewish | 14 | 0.3% | 3 | 0.2% |
| LDS | 3,139 | 68.5% | 1245 | 74.2% |
| Protestant | 120 | 2.6% | 47 | 2.8% |
| Other | 398 | 8.7% | 111 | 6.6% |
| No preference | 689 | 15.0% | 198 | 11.8% |
| Religious Attendance | | | | |
| Never | 754 | 16.4% | 212 | 12.6% |
| Rarely | 647 | 14.1% | 250 | 14.9% |
| 1 - 2 times a month | 370 | 8.1% | 120 | 7.1% |
| About once a week or more | 2,823 | 61.4% | 1,100 | 65.4% |

ATOD Use: UofU, USU, and SLCC (2003 and 2005 combined)

| | Online Surveys | | Paper Surveys | |
|-------------------------------|----------------|---------|---------------|---------|
| | Number | Percent | Number | Percent |
| Cigarette Lifetime Use | 1,422 | 31.0% | 504 | 30.3% |
| Cigarette Past 30 Days | 423 | 9.2% | 144 | 8.6% |
| Chewing Tobacco Lifetime Use | 452 | 9.9% | 198 | 11.9% |
| Chewing Tobacco Past 30 Days | 54 | 1.2% | 23 | 1.4% |
| Alcohol Lifetime Use | 2,024 | 44.4% | 735 | 45.2% |
| Alcohol Past Year Use | 1,524 | 33.2% | 523 | 31.4% |
| Alcohol Past 30 Days | 1,143 | 24.9% | 388 | 23.3% |
| Alcohol Binge in Past 30 Days | 538 | 11.7% | 230 | 13.7% |
| Marijuana Lifetime Use | 1,232 | 26.9% | 464 | 28.5% |
| Marijuana Past Year Use | 462 | 10.1% | 198 | 11.9% |
| Marijuana Past 30 Days | 238 | 5.2% | 100 | 6.0% |

| Ethnicity 2003 | Online Surveys | | Paper Surveys | |
|------------------|----------------|---------|---------------|---------|
| | Number | Percent | Number | Percent |
| | | | | |
| American Indian | 6 | 0.6% | 7 | 1.0% |
| Hispanic | 37 | 3.8% | 44 | 6.2% |
| Asian | 29 | 3.0% | 24 | 3.4% |
| Pacific Islander | 4 | 0.4% | 11 | 1.5% |
| White | 873 | 89.9% | 605 | 84.6% |
| Black | 13 | 1.3% | 10 | 2.0% |
| Total* | 971 | | 715 | |

| Ethnicity 2005 | Online Surveys | | Paper Surveys | |
|------------------|----------------|---------|---------------|---------|
| | Number | Percent | Number | Percent |
| | | | | |
| American Indian | 40 | 1.1% | 11 | 1.1% |
| Hispanic | 176 | 5.0% | 41 | 4.3% |
| Asian | 104 | 2.9% | 38 | 3.9% |
| Pacific Islander | 41 | 1.1% | 6 | 0.6% |
| White | 3,299 | 90.9% | 862 | 89.0% |
| Black | 26 | 0.7% | 28 | 0.8% |
| Total* | 3,628 | | 980 | |

* The numbers in each ethnicity do not add up to the total because respondents could choose one or more options in 2005.

APPENDIX D: Utah Higher Education Survey Frequency and Percentage for Each Question

Appendix D: Utah Higher Education Survey Frequency and Percentage Responding to Each Question

All data in Appendix D have been weighted by college as described on page 5 of the main report. (The specific weights for each college are provided in Table 2 of the main report.) The data have also been normalized so that the final count of responses in each category sum to the total number of valid unweighted responses to each question. It should be noted that the participant characteristics reported on page 7 in Table 3 are based on raw (or unweighted) data and therefore will not match the numbers provided in Appendix D. The raw data provided in Table 3 of the report are the actual numbers of respondents in each demographic category, whereas the weighted data in this appendix represent the amount of influence each demographic category exerts on the totals once the data have been weighted by the college contribution to the total Utah college population.

| Question | Response | # | % |
|--|--------------------------------------|-------|------|
| 1. Are you: | male | 4,826 | 45.9 |
| | female | 5,690 | 54.1 |
| 2. How old are you (If you're under age 18, DO NOT take the survey)? | Average Age: | | 23.5 |
| 3. What is your class level? | Freshman | 2,774 | 26.4 |
| | Sophomore | 3,213 | 30.6 |
| | Junior | 2,350 | 22.4 |
| | Senior | 1,819 | 17.3 |
| | Grad/Professional | 122 | 1.2 |
| | Not degree seeking | 44 | 0.4 |
| | Certificate program | 99 | 0.9 |
| | Other | 89 | 0.8 |
| 4. What is your major area of study? | Agriculture | 63 | 0.6 |
| | Business | 1,853 | 17.7 |
| | Education | 1,028 | 9.8 |
| | Fine Arts | 552 | 5.3 |
| | Humanities | 706 | 6.8 |
| | Human Services / Health Professional | 2,243 | 21.5 |
| | Natural Resources | 84 | 0.8 |
| | Sciences/Engineering | 1,482 | 14.2 |
| | Social Services | 909 | 8.7 |
| | Trades/Technology | 403 | 3.9 |
| | Undecided | 1,121 | 10.7 |
| 5. Are you Hispanic or Latino? | Yes | 485 | 4.7 |
| | No | 9,925 | 95.3 |

| Question | Response | # | % |
|--|---|-------|-------------|
| 6. What is your race? Select one or more. | Black or African American | 98 | 0.9 |
| | Asian | 288 | 2.7 |
| | American Indian | 159 | 1.5 |
| | Alaska Native | 14 | 0.1 |
| | White | 9,551 | 89.4 |
| | Native Hawaiian or Other Pacific Islander | 121 | 1.1 |
| 7. What is your current student status? | Other | 195 | 1.8 |
| | | | |
| 7. What is your current student status? | Full-Time (12+ credits) | 8,273 | 78.8 |
| | Part-Time (1-11 credits) | 2,229 | 21.2 |
| 8. What is your current resident status? | On-Campus | 1,332 | 12.8 |
| | Off-Campus | 9,092 | 87.2 |
| 9. What is your height (in feet and inches)? | Average height: | | 5 ft, 8 in. |
| 10. What is your weight (in pounds)? | Average weight: | | 161.0 |
| 11. What is your place of permanent residence? | In-state (Utah) | 9,560 | 90.9 |
| | USA, but out of state | 829 | 7.9 |
| | Country other than USA | 131 | 1.2 |
| 12. What is your relationship status? | Single | 7,030 | 66.8 |
| | Married | 2,883 | 27.4 |
| | Separated | 68 | 0.7 |
| | Divorced | 302 | 2.9 |
| | Widowed | 19 | 0.2 |
| | Cohabiting | 215 | 2.0 |
| 13. What is your current zipcode? | | | |

| Question | Response | # | % |
|---|------------------------|-------|------|
| 14. What is the zipcode where you attended the 12th grade in high school? | | | |
| 15. Where do you live while attending school? | House/apartment/etc | 9,425 | 89.4 |
| | Residence hall | 751 | 7.1 |
| | Approved housing | 162 | 1.5 |
| | Fraternity or sorority | 45 | 0.4 |
| | Other | 160 | 1.5 |
| 16. With whom do you live while attending school (mark all that apply)? | With roommate(s) | 3,680 | 34.4 |
| | Alone | 518 | 4.8 |
| | With Parent(s) | 3,077 | 28.8 |
| | With Spouse | 2,841 | 26.6 |
| | With Children | 1,330 | 12.4 |
| | Other | 542 | 5.1 |
| 17. Are you currently employed? | No | 2,684 | 25.5 |
| | Yes, full time | 2,796 | 26.6 |
| | Yes, part-time | 5,034 | 47.9 |
| 18. What is your approximate cumulative grade point average? | A+ | 272 | 2.6 |
| | A | 1,530 | 14.7 |
| | A- | 2,323 | 22.3 |
| | B+ | 2,164 | 20.8 |
| | B | 2,136 | 20.5 |
| | B- | 905 | 8.7 |
| | C+ | 502 | 4.8 |
| | C | 422 | 4.0 |
| | C- | 107 | 1.0 |
| | D+ | 35 | 0.3 |
| | D | 19 | 0.2 |
| | D- | 8 | 0.1 |
| | F | 8 | 0.1 |

| Question | Response | # | % |
|---|---------------------------|-------|------|
| 19. How often do you attend religious services or activities? | Never | 1,354 | 12.8 |
| | Rarely | 1,441 | 13.7 |
| | 1-2 times a month | 866 | 8.2 |
| | About once a week or more | 6,881 | 65.3 |
| 20. What is your religious preference (choose the religion with which you identify most)? | Catholic | 470 | 4.5 |
| | Jewish | 27 | 0.3 |
| | LDS (Mormon) | 7,821 | 74.4 |
| | Protestant | 221 | 2.1 |
| | Other | 772 | 7.3 |
| | No preference | 1,204 | 11.4 |
| 21. Does your campus have alcohol and drug policies? | Don't know | 3,068 | 29.1 |
| | No | 54 | 0.5 |
| | Yes | 7,417 | 70.4 |
| 22. If so, are they enforced? | Don't know | 6,610 | 63.2 |
| | No | 407 | 3.9 |
| | Yes | 3,442 | 32.9 |
| 23. Does your campus have a drug and alcohol prevention program? | Don't know | 6,614 | 63.3 |
| | No | 79 | 0.8 |
| | Yes | 3,759 | 36.0 |
| 24. Do you believe your campus is concerned about the prevention of drug and alcohol use? | Don't know | 2,861 | 27.2 |
| | No | 693 | 6.6 |
| | Yes | 6,973 | 66.2 |
| 25. Are you actively involved in efforts to prevent drug and alcohol use problems on your campus? | Don't know | 654 | 6.2 |
| | No | 9,260 | 88.2 |
| | Yes | 588 | 5.6 |
| 26. Would you support a policy to make your campus tobacco-free? | Don't know | 857 | 8.1 |
| | No | 1,872 | 17.8 |
| | Yes | 7,791 | 74.1 |

| Question | Response | # | % |
|--|---------------------------|-------|------|
| 27. Would you prefer to attend parties where: | | | |
| a. alcohol is available | Yes | 1,620 | 15.4 |
| | No | 6,250 | 59.4 |
| | Doesn't matter | 2,659 | 25.3 |
| b. drugs are available | Yes | 240 | 2.3 |
| | No | 9,265 | 88.0 |
| | Doesn't matter | 1,017 | 9.7 |
| 28. Do you support stricter disciplinary consequences for students who repeatedly violate campus alcohol policies? | Don't know | 1,385 | 13.2 |
| | No | 1,377 | 13.1 |
| | Yes | 7,753 | 73.7 |
| 29. Do you think other students support stricter disciplinary consequences for students who repeatedly violate alcohol policies? | Don't know | 3,633 | 34.6 |
| | No | 1,777 | 16.9 |
| | Yes | 5,101 | 48.5 |
| 30. Think back over the last two weeks. How many times have you had five or more drinks at a sitting? | None | 9,287 | 88.3 |
| | Once | 560 | 5.3 |
| | Twice | 311 | 3.0 |
| | 3 to 5 times | 253 | 2.4 |
| | 6 to 9 times | 78 | 0.7 |
| | 10 or more times | 31 | 0.3 |
| 31. What is the average number of drinks you consume in a week (if less than 10, code answers as 00, 01, 02, etc.)? | Average number of drinks: | 1.14 | |
| 32. During the past year have you ever stopped smoking for a day or longer because you were trying to quit smoking? | Didn't smoke past year | 9,020 | 87.0 |
| | No | 723 | 7.0 |
| | Yes | 625 | 6.0 |
| 33. Would you consider any of the following services to quit smoking: | | | |
| a. calling a quit line | Didn't smoke past year | 8,377 | 84.7 |
| | No | 1,145 | 11.6 |
| | Yes | 368 | 3.7 |

| Question | Response | # | % |
|--|------------------------|-------|------|
| b. a campus based stop smoking clinic or class | Didn't smoke past year | 8,338 | 84.7 |
| | No | 1,026 | 10.4 |
| | Yes | 474 | 4.8 |
| c. one-on-one counseling from a doctor or nurse | Didn't smoke past year | 8,337 | 84.8 |
| | No | 971 | 9.9 |
| | Yes | 523 | 5.3 |
| d. self help material, books, or videos | Didn't smoke past year | 8,317 | 84.8 |
| | No | 1,027 | 10.5 |
| | Yes | 468 | 4.8 |
| e. free internet quit service | Didn't smoke past year | 8,331 | 84.8 |
| | No | 1,004 | 10.2 |
| | Yes | 486 | 4.9 |
| f. other | Didn't smoke past year | 3,924 | 87.5 |
| | No | 444 | 9.9 |
| | Yes | 117 | 2.6 |
| 34. During the past 30 days: | | | |
| a. how many ads or promotions for tobacco products have you seen on or near campus? | None | 7,155 | 68.3 |
| | A few | 3,005 | 28.7 |
| | A lot | 320 | 3.1 |
| b. how many posters, newspaper articles, or other print displays with anti-tobacco messages have you seen on or near campus? | None | 3,990 | 38.1 |
| | A few | 5,341 | 51.0 |
| | A lot | 1,139 | 10.9 |
| 35. to 59. Oh how many occasions (if any) have you: | | | |
| 35. had alcoholic beverages (beer, wine, or hard liquor) to drink in the past year -- more than just a few sips? | 0 occasions | 7,327 | 69.6 |
| | 1-2 occasions | 534 | 5.1 |
| | 3-5 occasions | 450 | 4.3 |
| | 6-9 occasions | 339 | 3.2 |
| | 10-19 occasions | 501 | 4.8 |
| | 20-39 occasions | 448 | 4.3 |
| | 40+ occasions | 923 | 8.8 |

| Question | Response | # | % |
|--|-----------------|--------|------|
| 36. had beer, wine, or hard liquor to drink during the past 30 days? | 0 occasions | 8,191 | 77.9 |
| | 1-2 occasions | 891 | 8.5 |
| | 3-5 occasions | 547 | 5.2 |
| | 6-9 occasions | 342 | 3.3 |
| | 10-19 occasions | 332 | 3.2 |
| | 20-39 occasions | 148 | 1.4 |
| | 40+ occasions | 68 | 0.7 |
| 37. been drunk or very high from drinking alcoholic beverages during the past 30 days? | 0 occasions | 9,145 | 87.0 |
| | 1-2 occasions | 809 | 7.7 |
| | 3-5 occasions | 288 | 2.7 |
| | 6-9 occasions | 138 | 1.3 |
| | 10-19 occasions | 87 | 0.8 |
| | 20-39 occasions | 25 | 0.2 |
| | 40+ occasions | 15 | 0.1 |
| 38. used marijuana (grass, pot) or hashish (hash, hash oil) in the past year? | 0 occasions | 9,545 | 90.9 |
| | 1-2 occasions | 337 | 3.2 |
| | 3-5 occasions | 166 | 1.6 |
| | 6-9 occasions | 70 | 0.7 |
| | 10-19 occasions | 69 | 0.7 |
| | 20-39 occasions | 64 | 0.6 |
| | 40+ occasions | 250 | 2.4 |
| 39. used marijuana (grass, pot) or hashish (hash, hash oil) during the past 30 days? | 0 occasions | 10,024 | 95.4 |
| | 1-2 occasions | 196 | 1.9 |
| | 3-5 occasions | 50 | 0.5 |
| | 6-9 occasions | 47 | 0.5 |
| | 10-19 occasions | 76 | 0.7 |
| | 20-39 occasions | 52 | 0.5 |
| | 40+ occasions | 61 | 0.6 |

| Question | Response | # | % |
|--|-----------------|--------|------|
| 40. used LSD or other psychedelics in the past year? | 0 occasions | 10,332 | 98.4 |
| | 1-2 occasions | 107 | 1.0 |
| | 3-5 occasions | 44 | 0.4 |
| | 6-9 occasions | 10 | 0.1 |
| | 10-19 occasions | 6 | 0.1 |
| | 20-39 occasions | 1 | 0.0 |
| | 40+ occasions | 1 | 0.0 |
| 41. used LSD or other psychedelics during the past 30 days? | 0 occasions | 10,471 | 99.6 |
| | 1-2 occasions | 35 | 0.3 |
| | 3-5 occasions | 4 | 0.0 |
| | 6-9 occasions | 1 | 0.0 |
| | 40+ occasions | 1 | 0.0 |
| 42. used cocaine or crack in the past year? | 0 occasions | 10,316 | 98.2 |
| | 1-2 occasions | 98 | 0.9 |
| | 3-5 occasions | 37 | 0.4 |
| | 6-9 occasions | 19 | 0.2 |
| | 10-19 occasions | 17 | 0.2 |
| | 20-39 occasions | 12 | 0.1 |
| | 40+ occasions | 12 | 0.1 |
| 43. used cocaine or crack during the past 30 days? | 0 occasions | 10,456 | 99.5 |
| | 1-2 occasions | 37 | 0.4 |
| | 3-5 occasions | 9 | 0.1 |
| | 6-9 occasions | 3 | 0.0 |
| | 10-19 occasions | 0 | 0.0 |
| | 20-39 occasions | 2 | 0.0 |
| | 40+ occasions | 1 | 0.0 |
| 44. sniffed glue, breathed the contents of an aerosol spray can, or inhaled other gases or sprays (nitrous or poppers), in order to get high in the past year? | 0 occasions | 10,421 | 99.2 |
| | 1-2 occasions | 49 | 0.5 |
| | 3-5 occasions | 21 | 0.2 |
| | 6-9 occasions | 6 | 0.1 |
| | 10-19 occasions | 5 | 0.0 |
| | 20-39 occasions | 1 | 0.0 |
| | 40+ occasions | 4 | 0.0 |

| Question | Response | # | % |
|---|-----------------|--------|-------|
| 45. sniffed glue, breathed the contents of an aerosol spray can, or inhaled other gases or sprays (nitrous or poppers), in order to get high during the past 30 days? | 0 occasions | 10,475 | 99.8 |
| | 1-2 occasions | 20 | 0.2 |
| | 6-9 occasions | 0 | 0.0 |
| | 20-39 occasions | 2 | 0.0 |
| | 40+ occasions | 2 | 0.0 |
| 46. used phenoxydine (pox, px, breeze) in the past year? | 0 occasions | 10,511 | 100.0 |
| 47. used phenoxydine (pox, px, breeze) during the past 30 days? | 0 occasions | 10,507 | 100.0 |
| 48. used stimulants (amphetamines, meth, crystal, Ritalin, Dexedrine) without a doctor telling you to take them, in the past year? | 0 occasions | 10,317 | 98.2 |
| | 1-2 occasions | 93 | 0.9 |
| | 3-5 occasions | 31 | 0.3 |
| | 6-9 occasions | 19 | 0.2 |
| | 10-19 occasions | 16 | 0.2 |
| | 20-39 occasions | 13 | 0.1 |
| | 40+ occasions | 15 | 0.1 |
| 49. used stimulants (amphetamines, meth, crystal, Ritalin, Dexedrine) without a doctor telling you to take them, during the past 30 days? | 0 occasions | 10,428 | 99.4 |
| | 1-2 occasions | 34 | 0.3 |
| | 3-5 occasions | 9 | 0.1 |
| | 6-9 occasions | 8 | 0.1 |
| | 10-19 occasions | 4 | 0.0 |
| | 20-39 occasions | 5 | 0.1 |
| | 40+ occasions | 1 | 0.0 |
| 50. used sedatives (tranquilizers, such as valium or xanax, barbiturates, or sleeping pills) without a doctor telling you to take them, in the past year? | 0 occasions | 9,881 | 94.2 |
| | 1-2 occasions | 261 | 2.5 |
| | 3-5 occasions | 142 | 1.4 |
| | 6-9 occasions | 79 | 0.8 |
| | 10-19 occasions | 62 | 0.6 |
| | 20-39 occasions | 22 | 0.2 |
| | 40+ occasions | 44 | 0.4 |

| Question | Response | # | % |
|--|-----------------|--------|------|
| 51. used sedatives (tranquilizers, such as valium or xanax, barbiturates, or sleeping pills) without a doctor telling you to take them, during the past 30 days? | 0 occasions | 10,233 | 97.4 |
| | 1-2 occasions | 164 | 1.6 |
| | 3-5 occasions | 51 | 0.5 |
| | 6-9 occasions | 27 | 0.3 |
| | 10-19 occasions | 16 | 0.2 |
| | 20-39 occasions | 11 | 0.1 |
| | 40+ occasions | 1 | 0.0 |
| 52. used heroin or other opiates (codeine, oxycontin) without a doctor telling you to take them, in the past year? | 0 occasions | 10,274 | 97.8 |
| | 1-2 occasions | 93 | 0.9 |
| | 3-5 occasions | 44 | 0.4 |
| | 6-9 occasions | 24 | 0.2 |
| | 10-19 occasions | 28 | 0.3 |
| | 20-39 occasions | 12 | 0.1 |
| | 40+ occasions | 26 | 0.3 |
| 53. used heroin or other opiates (codeine, oxycontin) without a doctor telling you to take them, during the past 30 days? | 0 occasions | 10,394 | 99.0 |
| | 1-2 occasions | 61 | 0.6 |
| | 3-5 occasions | 14 | 0.1 |
| | 6-9 occasions | 13 | 0.1 |
| | 10-19 occasions | 8 | 0.1 |
| | 20-39 occasions | 4 | 0.0 |
| | 40+ occasions | 3 | 0.0 |
| 54. used DXM (dextromethorphan, drinking cough syrup to get high) in the past year? | 0 occasions | 10,411 | 99.2 |
| | 1-2 occasions | 56 | 0.5 |
| | 3-5 occasions | 19 | 0.2 |
| | 6-9 occasions | 8 | 0.1 |
| | 10-19 occasions | 3 | 0.0 |
| | 20-39 occasions | 0 | 0.0 |
| | 40+ occasions | 1 | 0.0 |
| 55. used DXM (dextromethorphan, drinking cough syrup to get high) during the past 30 days? | 0 occasions | 10,481 | 99.8 |
| | 1-2 occasions | 15 | 0.1 |
| | 3-5 occasions | 2 | 0.0 |
| | 20-39 occasions | 1 | 0.0 |

| Question | Response | # | % |
|--|-----------------------------------|--------|------|
| 56. used MDMA ('X', 'E', or ecstasy) in the past year? | 0 occasions | 10,337 | 98.5 |
| | 1-2 occasions | 108 | 1.0 |
| | 3-5 occasions | 22 | 0.2 |
| | 6-9 occasions | 13 | 0.1 |
| | 10-19 occasions | 9 | 0.1 |
| | 20-39 occasions | 4 | 0.0 |
| | 40+ occasions | 3 | 0.0 |
| 57. used MDMA ('X', 'E', or ecstasy) during the past 30 days? | 0 occasions | 10,440 | 99.6 |
| | 1-2 occasions | 36 | 0.3 |
| | 3-5 occasions | 3 | 0.0 |
| | 6-9 occasions | 1 | 0.0 |
| | 10-19 occasions | 3 | 0.0 |
| | 20-39 occasions | 1 | 0.0 |
| | | | |
| 58. used club drugs other than MDMA (such as GHB, rohypnol, or ketamine) in the past year? | 0 occasions | 10,441 | 99.6 |
| | 1-2 occasions | 28 | 0.3 |
| | 3-5 occasions | 8 | 0.1 |
| | 6-9 occasions | 5 | 0.0 |
| | 10-19 occasions | 1 | 0.0 |
| | 20-39 occasions | 1 | 0.0 |
| | 40+ occasions | 1 | 0.0 |
| 59. used club drugs other than MDMA (such as GHB, rohypnol, or ketamine) during the past 30 days? | 0 occasions | 10,489 | 99.9 |
| | 1-2 occasions | 6 | 0.1 |
| | 3-5 occasions | 1 | 0.0 |
| | 6-9 occasions | 1 | 0.0 |
| | 20-39 occasions | 1 | 0.0 |
| | | | |
| 60. Have you ever used smokeless tobacco (chew, snuff, plug, dipping tobacco, or chewing tobacco)? | Never | 9,289 | 88.4 |
| | Once or twice | 758 | 7.2 |
| | Once in a while but not regularly | 215 | 2.1 |
| | Regularly in the past | 180 | 1.7 |
| | Regularly now | 69 | 0.7 |
| | | | |

| Question | Response | # | % |
|---|-----------------------------------|--------|------|
| 61. How often have you taken smokeless tobacco during the past 30 days? | Not at all | 10,347 | 98.4 |
| | Once or twice | 72 | 0.7 |
| | Once or twice per week | 20 | 0.2 |
| | Three to five times per week | 7 | 0.1 |
| | About once per day | 13 | 0.1 |
| | More than once a day | 56 | 0.5 |
| 62. Have you ever smoked cigarettes? | Never | 7,209 | 68.7 |
| | Once or twice | 1,373 | 13.1 |
| | Once in a while but not regularly | 713 | 6.8 |
| | Regularly in the past | 760 | 7.2 |
| | Regularly now | 445 | 4.2 |
| 63. How frequently have you smoked cigarettes during the past 30 days? | Not at all | 9,693 | 92.1 |
| | Less than one cigarette per day | 311 | 3.0 |
| | 1-5 cigarettes per day | 225 | 2.1 |
| | About one-half pack per day | 166 | 1.6 |
| | About one pack per day | 95 | 0.9 |
| | About 1 and a half packs per day | 24 | 0.2 |
| | 2 packs or more per day | 6 | 0.1 |
| 64. During the last month, about how many marijuana cigarettes, or the equivalent, did you smoke a day, on the average? (If you shared them with other people, count only the amount YOU smoked). | None | 10,095 | 95.9 |
| | Less than 1 a day | 286 | 2.7 |
| | 1 a day | 65 | 0.6 |
| | 2-3 a day | 53 | 0.5 |
| | 4-6 a day | 14 | 0.1 |
| | 7-10 a day | 4 | 0.0 |
| | 11 or more a day | 9 | 0.1 |

| Question | Response | # | % |
|---|--|-------|------|
| 65. Have you ever used prescription drugs to manage pain in a way that was not originally intended by your doctor? (Mark all that apply) | I have used medication for a longer time period than originally intended by my doctor. | 758 | 7.1 |
| | I have used medication at a higher dosage than originally intended by my doctor. | 742 | 6.9 |
| | I have used pain medication for an unrelated injury, pain, or problem. | 1,257 | 11.8 |
| | I have used someone else's prescription. | 1,447 | 13.5 |
| | I used prescription drugs as prescribed. | 7,531 | 70.5 |
| 66. Have you ever obtained prescription drugs for non-medical reasons, such as to get high, relax, improve mood, or socialize with friends; or to manage pain in a way that was not originally intended by your doctor (for example, for a longer time period, at a higher dose, or for an unrelated injury)? (Mark all that apply) | I have obtained prescription drugs over the internet. | 107 | 1.0 |
| | I have lied to obtain prescription drugs. | 92 | 0.9 |
| | I have had more than one doctor at the same time for the purpose of getting multiple prescriptions of the same drug. | 26 | 0.2 |
| | I have taken someone else's prescription. | 1,100 | 10.3 |
| | I obtain and use prescription drugs appropriately. | 7,663 | 71.7 |
| 67. Students have different ideas of what OTHER students think or do. What do you think is the percentage of students at your school who, in the PAST YEAR: | | | |
| a. have used tobacco products? | None | 615 | 5.9 |
| | 5% or less | 377 | 3.6 |
| | 6-10% | 1,106 | 10.6 |
| | 11-20% | 2,303 | 22.1 |
| | 21-40% | 3,249 | 31.2 |
| | 41-60% | 2,118 | 20.3 |
| | 61-80% | 577 | 5.5 |
| | 81-100% | 65 | 0.6 |

| Question | Response | # | % |
|--|------------|-------|------|
| b. have had alcohol (more than a sip)? | None | 587 | 5.6 |
| | 5% or less | 151 | 1.5 |
| | 6-10% | 353 | 3.4 |
| | 11-20% | 1,059 | 10.2 |
| | 21-40% | 2,488 | 23.9 |
| | 41-60% | 3,211 | 30.9 |
| | 61-80% | 2,194 | 21.1 |
| c. have used marijuana? | 81-100% | 358 | 3.4 |
| | None | 664 | 6.4 |
| | 5% or less | 965 | 9.3 |
| | 6-10% | 1,924 | 18.5 |
| | 11-20% | 2,619 | 25.2 |
| | 21-40% | 2,504 | 24.1 |
| | 41-60% | 1,272 | 12.3 |
| d. have used an illegal drug (not including marijuana)? | 61-80% | 377 | 3.6 |
| | 81-100% | 63 | 0.6 |
| | None | 696 | 6.7 |
| | 5% or less | 1,969 | 19.0 |
| | 6-10% | 2,558 | 24.7 |
| | 11-20% | 2,559 | 24.7 |
| | 21-40% | 1,659 | 16.0 |
| e. have used prescription drugs for non-medical reasons? | 41-60% | 695 | 6.7 |
| | 61-80% | 214 | 2.1 |
| | 81-100% | 28 | 0.3 |
| | None | 693 | 6.7 |
| | 5% or less | 1,038 | 10.0 |
| | 6-10% | 1,675 | 16.1 |
| | 11-20% | 2,093 | 20.1 |
| | 21-40% | 2,128 | 20.5 |
| | 41-60% | 1,634 | 15.7 |
| | 61-80% | 977 | 9.4 |
| | 81-100% | 161 | 1.5 |

| Question | Response | # | % |
|---|------------------|-------|------|
| 68. Have any of your family had alcohol or other drug problems: | | | |
| a. father | No | 8,656 | 85.7 |
| | Yes | 1,439 | 14.3 |
| b. mother | No | 9,442 | 94.0 |
| | Yes | 604 | 6.0 |
| c. brother(s)/sister(s) | No | 7,732 | 76.0 |
| | Yes | 2,435 | 24.0 |
| d. other relative(s) | No | 5,141 | 50.2 |
| | Yes | 5,097 | 49.8 |
| 69. How often have you experienced the following due to your drinking or drug use during the last year: | | | |
| a. had a hangover | Never | 8,210 | 79.8 |
| | Once | 617 | 6.0 |
| | Twice | 455 | 4.4 |
| | 3 to 5 times | 459 | 4.5 |
| | 6 to 9 times | 210 | 2.0 |
| | 10 or more times | 337 | 3.3 |
| b. performed poorly on a test or important project | Never | 9,493 | 92.4 |
| | Once | 313 | 3.0 |
| | Twice | 212 | 2.1 |
| | 3 to 5 times | 182 | 1.8 |
| | 6 to 9 times | 39 | 0.4 |
| | 10 or more times | 40 | 0.4 |
| c. been in trouble with police, residence hall, or other college authorities | Never | 9,978 | 97.0 |
| | Once | 210 | 2.0 |
| | Twice | 58 | 0.6 |
| | 3 to 5 times | 28 | 0.3 |
| | 6 to 9 times | 6 | 0.1 |
| | 10 or more times | 9 | 0.1 |

| Question | Response | # | % |
|--|------------------|--------|------|
| d. damaged property, pulled fire alarm, etc. | Never | 10,151 | 98.8 |
| | Once | 63 | 0.6 |
| | Twice | 26 | 0.3 |
| | 3 to 5 times | 18 | 0.2 |
| | 6 to 9 times | 3 | 0.0 |
| | 10 or more times | 13 | 0.1 |
| e. got into an argument or fight | Never | 9,253 | 90.1 |
| | Once | 407 | 4.0 |
| | Twice | 288 | 2.8 |
| | 3 to 5 times | 178 | 1.7 |
| | 6 to 9 times | 57 | 0.6 |
| | 10 or more times | 84 | 0.8 |
| f. got nauseated or vomited | Never | 8,506 | 82.8 |
| | Once | 771 | 7.5 |
| | Twice | 462 | 4.5 |
| | 3 to 5 times | 346 | 3.4 |
| | 6 to 9 times | 80 | 0.8 |
| | 10 or more times | 104 | 1.0 |
| g. driven a car while under the influence | Never | 9,353 | 91.1 |
| | Once | 358 | 3.5 |
| | Twice | 196 | 1.9 |
| | 3 to 5 times | 191 | 1.9 |
| | 6 to 9 times | 48 | 0.5 |
| | 10 or more times | 121 | 1.2 |
| h. missed a class | Never | 9,283 | 90.5 |
| | Once | 267 | 2.6 |
| | Twice | 239 | 2.3 |
| | 3 to 5 times | 278 | 2.7 |
| | 6 to 9 times | 82 | 0.8 |
| | 10 or more times | 105 | 1.0 |

| Question | Response | # | % |
|--|------------------|--------|------|
| i. been criticized by someone I know | Never | 9,057 | 88.3 |
| | Once | 431 | 4.2 |
| | Twice | 286 | 2.8 |
| | 3 to 5 times | 265 | 2.6 |
| | 6 to 9 times | 59 | 0.6 |
| | 10 or more times | 157 | 1.5 |
| j. thought I might have a drinking or other drug problem | Never | 9,781 | 95.4 |
| | Once | 151 | 1.5 |
| | Twice | 116 | 1.1 |
| | 3 to 5 times | 92 | 0.9 |
| | 6 to 9 times | 23 | 0.2 |
| | 10 or more times | 94 | 0.9 |
| k. had a memory loss | Never | 9,270 | 90.4 |
| | Once | 357 | 3.5 |
| | Twice | 238 | 2.3 |
| | 3 to 5 times | 182 | 1.8 |
| | 6 to 9 times | 67 | 0.7 |
| | 10 or more times | 137 | 1.3 |
| l. done something I later regretted | Never | 8,863 | 86.5 |
| | Once | 571 | 5.6 |
| | Twice | 350 | 3.4 |
| | 3 to 5 times | 261 | 2.5 |
| | 6 to 9 times | 65 | 0.6 |
| | 10 or more times | 138 | 1.4 |
| m. been arrested for DWI/DUI | Never | 10,192 | 99.4 |
| | Once | 56 | 0.5 |
| | Twice | 4 | 0.0 |
| | 3 to 5 times | 3 | 0.0 |
| | 6 to 9 times | 0 | 0.0 |
| | 10 or more times | 0 | 0.0 |

| Question | Response | # | % |
|---|------------------|--------|------|
| n. have been taken advantage of sexually | Never | 9,833 | 95.9 |
| | Once | 255 | 2.5 |
| | Twice | 71 | 0.7 |
| | 3 to 5 times | 47 | 0.5 |
| | 6 to 9 times | 8 | 0.1 |
| | 10 or more times | 34 | 0.3 |
| o. have taken advantage of another sexually | Never | 10,121 | 98.8 |
| | Once | 76 | 0.7 |
| | Twice | 16 | 0.2 |
| | 3 to 5 times | 12 | 0.1 |
| | 6 to 9 times | 3 | 0.0 |
| | 10 or more times | 13 | 0.1 |
| p. tried unsuccessfully to stop using | Never | 9,981 | 97.4 |
| | Once | 95 | 0.9 |
| | Twice | 70 | 0.7 |
| | 3 to 5 times | 52 | 0.5 |
| | 6 to 9 times | 10 | 0.1 |
| | 10 or more times | 38 | 0.4 |
| q. seriously thought about suicide | Never | 9,872 | 96.4 |
| | Once | 149 | 1.5 |
| | Twice | 86 | 0.8 |
| | 3 to 5 times | 60 | 0.6 |
| | 6 to 9 times | 12 | 0.1 |
| | 10 or more times | 57 | 0.6 |
| r. seriously tried to commit suicide | Never | 10,142 | 99.0 |
| | Once | 57 | 0.6 |
| | Twice | 23 | 0.2 |
| | 3 to 5 times | 12 | 0.1 |
| | 6 to 9 times | 2 | 0.0 |
| | 10 or more times | 7 | 0.1 |

| Question | Response | # | % |
|---|---------------------------------|-------|------|
| s. been hurt or injured | Never | 9,677 | 94.4 |
| | Once | 265 | 2.6 |
| | Twice | 178 | 1.7 |
| | 3 to 5 times | 89 | 0.9 |
| | 6 to 9 times | 17 | 0.2 |
| | 10 or more times | 31 | 0.3 |
| 70. Within the last year to what extent have you participated in any of the following activities? | | | |
| a. intercollegiate athletics | Not involved | 7,041 | 67.5 |
| | Attended | 2,709 | 26.0 |
| | Active involvement (non-leader) | 539 | 5.2 |
| | Leadership position | 145 | 1.4 |
| b. intramural or club sports | Not involved | 7,635 | 73.2 |
| | Attended | 1,337 | 12.8 |
| | Active involvement (non-leader) | 1,192 | 11.4 |
| | Leadership position | 266 | 2.6 |
| c. social fraternities or sororities | Not involved | 9,441 | 90.9 |
| | Attended | 532 | 5.1 |
| | Active involvement (non-leader) | 262 | 2.5 |
| | Leadership position | 155 | 1.5 |
| d. religious and interfaith groups | Not involved | 3,458 | 33.2 |
| | Attended | 2,170 | 20.8 |
| | Active involvement (non-leader) | 2,910 | 28.0 |
| | Leadership position | 1,873 | 18.0 |
| e. international and language groups | Not involved | 8,961 | 86.2 |
| | Attended | 888 | 8.5 |
| | Active involvement (non-leader) | 421 | 4.0 |
| | Leadership position | 122 | 1.2 |

| Question | Response | # | % |
|---|---------------------------------|-------|------|
| f. minority and ethnic organizations | Not involved | 9,426 | 90.7 |
| | Attended | 701 | 6.7 |
| | Active involvement (non-leader) | 198 | 1.9 |
| | Leadership position | 63 | 0.6 |
| g. political and social action groups | Not involved | 8,616 | 83.0 |
| | Attended | 1,179 | 11.4 |
| | Active involvement (non-leader) | 388 | 3.7 |
| h. music and other performing arts groups | Not involved | 5,963 | 57.4 |
| | Attended | 2,952 | 28.4 |
| | Active involvement (non-leader) | 1,159 | 11.2 |
| | Leadership position | 318 | 3.1 |
| i. student newspaper, radio, TV, magazine, etc. | Not involved | 8,826 | 85.2 |
| | Attended | 1,165 | 11.2 |
| | Active involvement (non-leader) | 288 | 2.8 |
| j. volunteer time to help others | Not involved | 86 | 0.8 |
| | Not involved | 4,201 | 40.4 |
| | Attended | 2,839 | 27.3 |
| | Active involvement (non-leader) | 2,640 | 25.4 |
| 71. How do you think your close friends feel (or would feel) about you: | Leadership position | 727 | 7.0 |
| | Don't disapprove | 2,196 | 21.1 |
| | Disapprove | 2,094 | 20.1 |
| | Strongly disapprove | 6,137 | 58.9 |
| b. smoking marijuana occasionally | Don't disapprove | 1,716 | 16.5 |
| | Disapprove | 1,850 | 17.7 |
| | Strongly disapprove | 6,858 | 65.8 |

| Question | Response | # | % |
|--|---------------------|-------|------|
| c. smoking marijuana regularly | Don't disapprove | 988 | 9.5 |
| | Disapprove | 1,717 | 16.5 |
| | Strongly disapprove | 7,709 | 74.0 |
| d. trying cocaine once or twice | Don't disapprove | 704 | 6.8 |
| | Disapprove | 1,520 | 14.6 |
| | Strongly disapprove | 8,171 | 78.6 |
| e. taking cocaine regularly | Don't disapprove | 342 | 3.3 |
| | Disapprove | 1,140 | 10.9 |
| | Strongly disapprove | 8,939 | 85.8 |
| f. trying LSD once or twice | Don't disapprove | 782 | 7.5 |
| | Disapprove | 1,337 | 12.8 |
| | Strongly disapprove | 8,295 | 79.7 |
| g. taking LSD regularly | Don't disapprove | 358 | 3.4 |
| | Disapprove | 1,155 | 11.1 |
| | Strongly disapprove | 8,895 | 85.5 |
| h. trying amphetamines once or twice | Don't disapprove | 654 | 6.3 |
| | Disapprove | 1,503 | 14.5 |
| | Strongly disapprove | 8,222 | 79.2 |
| i. taking amphetamines regularly | Don't disapprove | 338 | 3.3 |
| | Disapprove | 1,179 | 11.3 |
| | Strongly disapprove | 8,873 | 85.4 |
| j. taking one or two drinks on an alcoholic beverage (beer, wine, liquor) nearly every day | Don't disapprove | 2,048 | 19.7 |
| | Disapprove | 2,006 | 19.3 |
| | Strongly disapprove | 6,352 | 61.0 |
| k. taking four or five drinks nearly every day | Don't disapprove | 819 | 7.9 |
| | Disapprove | 1,815 | 17.4 |
| | Strongly disapprove | 7,781 | 74.7 |

| Question | Response | # | % |
|---|---------------------|-------|------|
| l. having five or more drinks in one sitting | Don't disapprove | 1,699 | 16.3 |
| | Disapprove | 1,473 | 14.2 |
| | Strongly disapprove | 7,222 | 69.5 |
| m. using tobacco regularly | Don't disapprove | 1,272 | 12.2 |
| | Disapprove | 1,881 | 18.1 |
| | Strongly disapprove | 7,250 | 69.7 |
| n. taking steroids for body building or improved athletic performance | Don't disapprove | 596 | 5.7 |
| | Disapprove | 1,985 | 19.1 |
| | Strongly disapprove | 7,829 | 75.2 |
| 72. Do you believe that alcohol has the following effects? | | | |
| a. breaks the ices | No | 6,403 | 61.7 |
| | Yes | 3,982 | 38.3 |
| b. enhances social activity | No | 6,609 | 63.6 |
| | Yes | 3,788 | 36.4 |
| c. makes it easier to deal with stress | No | 8,185 | 78.8 |
| | Yes | 2,197 | 21.2 |
| d. facilitates a connection with peers | No | 7,399 | 71.4 |
| | Yes | 2,965 | 28.6 |
| e. gives people something to talk about | No | 6,168 | 59.4 |
| | Yes | 4,212 | 40.6 |
| f. facilitates male bonding | No | 7,470 | 72.2 |
| | Yes | 2,883 | 27.9 |
| g. facilitates female bonding | No | 8,270 | 79.9 |
| | Yes | 2,086 | 20.1 |
| h. allows people to have more fun | No | 7,618 | 73.6 |
| | Yes | 2,739 | 26.4 |

| Question | Response | # | % |
|--|----------|-------|------|
| i. gives people something to do | No | 5,382 | 52.0 |
| | Yes | 4,973 | 48.0 |
| j. makes food taste better | No | 9,495 | 91.9 |
| | Yes | 842 | 8.1 |
| k. makes women sexier | No | 8,749 | 84.6 |
| | Yes | 1,594 | 15.4 |
| l. makes men sexier | No | 9,358 | 90.6 |
| | Yes | 968 | 9.4 |
| m. makes me sexier | No | 9,588 | 92.9 |
| | Yes | 736 | 7.1 |
| n. facilitates sexual opportunities | No | 6,155 | 59.6 |
| | Yes | 4,179 | 40.4 |
| 73. Campus environment: | | | |
| a. does the social atmosphere on this campus promote alcohol use? | No | 9,000 | 87.5 |
| | Yes | 1,287 | 12.5 |
| b. does the social atmosphere promote other drug use? | No | 9,625 | 93.7 |
| | Yes | 650 | 6.3 |
| c. do you feel safe on this campus? | No | 787 | 7.6 |
| | Yes | 9,584 | 92.4 |
| 74. On this campus, is drinking a central part in the social life of the following groups: | | | |
| a. male students | No | 6,600 | 66.9 |
| | Yes | 3,267 | 33.1 |
| b. female students | No | 7,883 | 80.1 |
| | Yes | 1,955 | 19.9 |
| c. faculty/staff | No | 8,922 | 90.8 |
| | Yes | 899 | 9.2 |

| Question | Response | # | % |
|---|-------------------|-------|------|
| d. alumni | No | 8,782 | 90.0 |
| | Yes | 974 | 10.0 |
| e. athletes | No | 6,692 | 68.6 |
| | Yes | 3,067 | 31.4 |
| f. fraternities | No | 4,348 | 44.7 |
| | Yes | 5,385 | 55.3 |
| g. sororities | No | 5,210 | 53.8 |
| | Yes | 4,479 | 46.2 |
| 75. To what extent has your alcohol use changed within the last 12 months? | Increased | 430 | 4.1 |
| | About the same | 1,347 | 12.9 |
| | Decreased | 1,216 | 11.7 |
| | I do not use | 7,431 | 71.3 |
| 76. To what extent has your illegal drug use changed within the last 12 months? | Increased | 145 | 1.4 |
| | About the same | 396 | 3.8 |
| | Decreased | 444 | 4.3 |
| | I do not use | 9,428 | 90.5 |
| 77. To what extent do you agree with the following statements? | | | |
| a. I feel valued as a person on this campus | Strongly agree | 1,192 | 11.4 |
| | Agree | 3,712 | 35.6 |
| | Neutral | 4,326 | 41.5 |
| | Disagree | 835 | 8.0 |
| | Strongly disagree | 348 | 3.3 |
| b. I feel that faculty and staff care about me as a student | Strongly agree | 1,298 | 12.5 |
| | Agree | 4,903 | 47.1 |
| | Neutral | 3,094 | 29.7 |
| | Disagree | 856 | 8.2 |
| | Strongly disagree | 268 | 2.6 |

| Question | Response | # | % |
|---|---------------------|-------|------|
| c. I have the responsibility to contribute to the well-being of other students | Strongly agree | 1,552 | 14.9 |
| | Agree | 4,819 | 46.3 |
| | Neutral | 3,347 | 32.2 |
| | Disagree | 516 | 5.0 |
| | Strongly disagree | 169 | 1.6 |
| d. my campus encourages me to help others in need | Strongly agree | 988 | 9.5 |
| | Agree | 3,833 | 36.9 |
| | Neutral | 4,332 | 41.7 |
| | Disagree | 1,002 | 9.6 |
| | Strongly disagree | 240 | 2.3 |
| e. I abide by the university policy and regulations that concern alcohol and other drug use | Strongly agree | 6,171 | 59.4 |
| | Agree | 2,511 | 24.2 |
| | Neutral | 1,281 | 12.3 |
| | Disagree | 259 | 2.5 |
| | Strongly disagree | 163 | 1.6 |
| f. drug and alcohol use are a normal part of college life | Strongly agree | 471 | 4.5 |
| | Agree | 1,946 | 18.7 |
| | Neutral | 2,943 | 28.3 |
| | Disagree | 2,360 | 22.7 |
| | Strongly disagree | 2,676 | 25.7 |
| 78. In the last month, have you provided or served alcohol to a person younger than age 21? | Never | 9,619 | 92.4 |
| | Once or Twice | 513 | 4.9 |
| | Three or more times | 276 | 2.7 |
| 79. In which of the following pages do other students' drinking interfere with your life on or around campus? | | | |
| | | | |
| a. interrupts your studying | No | 8,460 | 83.4 |
| | Yes | 1,690 | 16.6 |
| b. makes you unsafe | No | 7,362 | 72.6 |
| | Yes | 2,775 | 27.4 |

| Question | Response | # | % |
|--|----------|-------|------|
| c. messes up your physical living space (cleanliness, neatness, organization, etc.) | No | 8,558 | 85.0 |
| | Yes | 1,516 | 15.0 |
| d. adversely affects your involvement on an athletic team or in other organized groups | No | 8,855 | 88.0 |
| | Yes | 1,202 | 12.0 |
| e. prevents you from enjoying events (concerts, sports, social activities, etc.) | No | 7,798 | 77.1 |
| | Yes | 2,315 | 22.9 |
| f. interferes in other way(s) | No | 7,363 | 73.2 |
| | Yes | 2,689 | 26.8 |
| g. doesn't interfere with my life | No | 4,575 | 45.7 |
| | Yes | 5,442 | 54.3 |
| 80. In the past 12 months, have you spent more time using alcohol or drugs than you intended? | | | |
| Alcohol | No | 9,683 | 95.1 |
| | Yes | 504 | 4.9 |
| Drugs | No | 9,835 | 97.5 |
| | Yes | 253 | 2.5 |
| 81. In the past 12 months, have you neglected some of your usual responsibilities because of using alcohol or drugs? | | | |
| Alcohol | No | 9,632 | 95.0 |
| | Yes | 503 | 5.0 |
| Drugs | No | 9,801 | 97.6 |
| | Yes | 238 | 2.4 |
| 82. In the past 12 months, have you wanted to cut down on your alcohol or drug use? | | | |
| Alcohol | No | 9,032 | 92.2 |
| | Yes | 763 | 7.8 |
| Drugs | No | 9,202 | 95.4 |
| | Yes | 446 | 4.6 |

| Question | Response | # | % |
|--|--------------|-------|------|
| 83. In the past 12 months, has anyone objected to your alcohol or drug use? | | | |
| Alcohol | No | 8,963 | 92.6 |
| | Yes | 713 | 7.4 |
| Drugs | No | 9,176 | 96.2 |
| | Yes | 363 | 3.8 |
| 84. In the past 12 months, did you frequently find yourself thinking about using alcohol or drugs? | | | |
| Alcohol | No | 8,980 | 89.5 |
| | Yes | 1,048 | 10.5 |
| Drugs | No | 9,372 | 94.8 |
| | Yes | 519 | 5.2 |
| 85. In the past 12 months, did you use alcohol or drugs to relieve feelings such as sadness, anger, or boredom? | | | |
| Alcohol | No | 8,775 | 87.4 |
| | Yes | 1,266 | 12.6 |
| Drugs | No | 9,452 | 95.2 |
| | Yes | 477 | 4.8 |
| 86. If you wanted to get some beer, wine or hard liquor (for example, vodka, whiskey, or gin), how easy would it be for you to get some? | Very Hard | 607 | 6.0 |
| | Sort of Hard | 780 | 7.7 |
| | Sort of Easy | 1,945 | 19.3 |
| | Very Easy | 6,758 | 67.0 |
| 87. If you wanted to get some marijuana, how easy would it be for you to get some? | Very Hard | 2,497 | 24.9 |
| | Sort of Hard | 2,585 | 25.8 |
| | Sort of Easy | 2,897 | 28.9 |
| | Very Easy | 2,037 | 20.3 |
| 88. If you wanted to get a drug like cocaine, LSD, or amphetamines, how easy would it be for you to get some? | Very Hard | 4,508 | 45.2 |
| | Sort of Hard | 3,052 | 30.6 |
| | Sort of Easy | 1,707 | 17.1 |
| | Very Easy | 700 | 7.0 |

| Question | Response | # | % |
|--|--|-------|------|
| 89. If you wanted to get some prescription drugs for non-medical reasons, how easy would it be for you to get some? | Very Hard | 2,638 | 26.4 |
| | Sort of Hard | 2,680 | 26.8 |
| | Sort of Easy | 2,640 | 26.4 |
| | Very Easy | 2,027 | 20.3 |
| 90. How often do you feel that the school work you are assigned is meaningful and important? | Never | 153 | 1.5 |
| | Seldom | 913 | 9.0 |
| | Sometimes | 3,181 | 31.3 |
| | Often | 3,983 | 39.2 |
| | Almost always | 1,934 | 19.0 |
| 91. How interesting are most of your courses to you? | Very interesting/stimulating | 1,999 | 19.4 |
| | Quite interesting | 4,609 | 44.6 |
| | Fairly interesting | 2,862 | 27.7 |
| | Slightly interesting | 669 | 6.5 |
| | Very dull | 185 | 1.8 |
| 92. During the past year, how did you usually get beer, wine, or hard liquor (select only one response)? | I did not drink beer, wine or hard liquor during the past year | 7,125 | 70.5 |
| | I bought them in a liquor store | 1,649 | 16.3 |
| | I gave someone else money to buy them for me | 324 | 3.2 |
| | I had them at a party | 497 | 4.9 |
| | I had them at home | 184 | 1.8 |
| | A person 21+ gave them to me | 240 | 2.4 |
| | I took them from a family member | 20 | 0.2 |
| | I got them in some other way | 67 | 0.7 |
| 93. How wrong do you think it is for someone your age to: | | | |
| a. drink beer, wine, or hard liquor (for example, vodka, whiskey or gin) regularly, that is, at least once or twice a month? | Very wrong | 3,718 | 36.4 |
| | Wrong | 2,155 | 21.1 |
| | A little bit wrong | 1,346 | 13.2 |
| | Not at all wrong | 3,005 | 29.4 |

| Question | Response | # | % |
|---|--------------------|-------|------|
| b. smoke cigarettes? | Very wrong | 4,697 | 46.0 |
| | Wrong | 2,589 | 25.4 |
| | A little bit wrong | 1,267 | 12.4 |
| | Not at all wrong | 1,659 | 16.2 |
| c. smoke marijuana? | Very wrong | 6,147 | 60.2 |
| | Wrong | 2,140 | 20.9 |
| | A little bit wrong | 1,066 | 10.4 |
| | Not at all wrong | 862 | 8.4 |
| d. use LSD, cocaine, amphetamines or another illegal drug? | Very wrong | 8,405 | 82.1 |
| | Wrong | 1,294 | 12.6 |
| | A little bit wrong | 309 | 3.0 |
| | Not at all wrong | 227 | 2.2 |
| 94. How much do you think people risk harming themselves (physically or in other ways) if they: | | | |
| a. smoke one or more packs of cigarettes per day? | No risk | 91 | 0.9 |
| | Slight risk | 256 | 2.5 |
| | Moderate risk | 1,261 | 12.3 |
| | Great risk | 8,641 | 84.3 |
| b. try marijuana once or twice? | No risk | 1,483 | 14.5 |
| | Slight risk | 2,491 | 24.4 |
| | Moderate risk | 2,178 | 21.3 |
| | Great risk | 4,074 | 39.8 |
| c. smoke marijuana regularly? | No risk | 178 | 1.8 |
| | Slight risk | 887 | 8.7 |
| | Moderate risk | 2,110 | 20.7 |
| | Great risk | 7,008 | 68.8 |
| d. take one or two drinks of an alcoholic beverage (beer, wine, liquor) nearly every day? | No risk | 529 | 5.2 |
| | Slight risk | 1,580 | 15.5 |
| | Moderate risk | 2,853 | 27.9 |
| | Great risk | 5,246 | 51.4 |

| Question | Response | # | % |
|---|---------------|-------|------|
| e. take five or more drinks in one sitting? | No risk | 157 | 1.5 |
| | Slight risk | 656 | 6.4 |
| | Moderate risk | 1,524 | 14.9 |
| | Great risk | 7,893 | 77.2 |
| 95. At what age did you first use: | | | |
| a. alcoholic beverages (including beer, wine, or hard liquor) | Did not use | 5,735 | 55.8 |
| | Under 10 | 175 | 1.7 |
| | 10-11 | 123 | 1.2 |
| | 12-13 | 518 | 5.0 |
| | 14-15 | 991 | 9.6 |
| | 16-17 | 1,226 | 11.9 |
| | 18-20 | 1,092 | 10.6 |
| | 21-25 | 378 | 3.7 |
| | 26+ | 31 | 0.3 |
| b. marijuana (grass, pot) or hashish (hash, hash oil) | Did not use | 7,565 | 73.7 |
| | Under 10 | 26 | 0.3 |
| | 10-11 | 34 | 0.3 |
| | 12-13 | 287 | 2.8 |
| | 14-15 | 668 | 6.5 |
| | 16-17 | 849 | 8.3 |
| | 18-20 | 634 | 6.2 |
| | 21-25 | 164 | 1.6 |
| | 26+ | 39 | 0.4 |
| c. LSD or other psychedelics | Did not use | 9,355 | 91.2 |
| | Under 10 | 4 | 0.0 |
| | 10-11 | 1 | 0.0 |
| | 12-13 | 43 | 0.4 |
| | 14-15 | 184 | 1.8 |
| | 16-17 | 329 | 3.2 |
| | 18-20 | 256 | 2.5 |
| | 21-25 | 68 | 0.7 |
| | 26+ | 12 | 0.1 |

| Question | Response | # | % |
|--|-------------|--------|-------|
| d. cocaine or crack | Did not use | 9,515 | 93.0 |
| | Under 10 | 1 | 0.0 |
| | 10-11 | 2 | 0.0 |
| | 12-13 | 21 | 0.2 |
| | 14-15 | 67 | 0.7 |
| | 16-17 | 187 | 1.8 |
| | 18-20 | 280 | 2.7 |
| | 21-25 | 122 | 1.2 |
| | 26+ | 29 | 0.3 |
| e. inhalants, sniffed glue, breathed the contents of an aerosol spray can, or inhaled other gases or sprays (nitrous or poppers), in order to get high | Did not use | 9,557 | 93.4 |
| | Under 10 | 32 | 0.3 |
| | 10-11 | 32 | 0.3 |
| | 12-13 | 139 | 1.4 |
| | 14-15 | 176 | 1.7 |
| | 16-17 | 163 | 1.6 |
| | 18-20 | 103 | 1.0 |
| | 21-25 | 28 | 0.3 |
| | 26+ | 3 | 0.0 |
| f. phenoxydine (pox, px, breeze) | Did not use | 10,240 | 100.0 |
| g. stimulants (amphetamines, meth, crystal, Ritalin, Dexedrine) without a doctor telling you to take them | Did not use | 9,600 | 93.9 |
| | Under 10 | 3 | 0.0 |
| | 10-11 | 6 | 0.1 |
| | 12-13 | 21 | 0.2 |
| | 14-15 | 111 | 1.1 |
| | 16-17 | 199 | 2.0 |
| | 18-20 | 197 | 1.9 |
| | 21-25 | 65 | 0.6 |
| | 26+ | 20 | 0.2 |

| Question | Response | # | % |
|--|-------------|-------|------|
| h. sedatives (tranquilizers, such as valium or xanax, barbiturates, or sleeping pills) without a doctor telling you to take them | Did not use | 9,326 | 91.1 |
| | Under 10 | 12 | 0.1 |
| | 10-11 | 2 | 0.0 |
| | 12-13 | 35 | 0.3 |
| | 14-15 | 115 | 1.1 |
| | 16-17 | 262 | 2.6 |
| | 18-20 | 275 | 2.7 |
| | 21-25 | 155 | 1.5 |
| | 26+ | 56 | 0.5 |
| i. heroin or other opiates (codeine, oxycontin) without a doctor telling you to take them | Did not use | 9,744 | 95.2 |
| | Under 10 | 3 | 0.0 |
| | 10-11 | 4 | 0.0 |
| | 12-13 | 14 | 0.1 |
| | 14-15 | 59 | 0.6 |
| | 16-17 | 126 | 1.2 |
| | 18-20 | 168 | 1.6 |
| | 21-25 | 86 | 0.8 |
| | 26+ | 29 | 0.3 |
| j. DXM (dextromethorphan, drinking cough syrup to get high) | Did not use | 9,889 | 96.6 |
| | Under 10 | 4 | 0.0 |
| | 10-11 | 5 | 0.1 |
| | 12-13 | 27 | 0.3 |
| | 14-15 | 63 | 0.6 |
| | 16-17 | 136 | 1.3 |
| | 18-20 | 75 | 0.7 |
| | 21-25 | 25 | 0.2 |
| | 26+ | 7 | 0.1 |

| Question | Response | # | % |
|---|----------------|--------|------|
| k. MDMA ('X', 'E', or ecstasy) | Did not use | 9,746 | 95.2 |
| | Under 10 | 2 | 0.0 |
| | 10-11 | 4 | 0.0 |
| | 12-13 | 1 | 0.0 |
| | 14-15 | 35 | 0.3 |
| | 16-17 | 129 | 1.3 |
| | 18-20 | 191 | 1.9 |
| | 21-25 | 106 | 1.0 |
| | 26+ | 20 | 0.2 |
| l. club drugs other than MDMA (such as GHB, rohypnol, or ketamine) | Did not use | 10,031 | 98.1 |
| | Under 10 | 3 | 0.0 |
| | 10-11 | 2 | 0.0 |
| | 12-13 | 3 | 0.0 |
| | 14-15 | 14 | 0.1 |
| | 16-17 | 48 | 0.5 |
| | 18-20 | 87 | 0.9 |
| | 21-25 | 35 | 0.3 |
| | 26+ | 8 | 0.1 |
| 96. I do the opposite of what people tell me, just to get them mad. | Very false | 6,027 | 58.6 |
| | Somewhat false | 2,589 | 25.2 |
| | Somewhat true | 1,596 | 15.5 |
| | Very true | 72 | 0.7 |
| 97. I like to see how much I can get away with. | Very false | 5,635 | 54.8 |
| | Somewhat false | 2,668 | 26.0 |
| | Somewhat true | 1,807 | 17.6 |
| | Very true | 171 | 1.7 |
| 98. I ignore rules that get in my way. | Very false | 5,696 | 55.4 |
| | Somewhat false | 2,911 | 28.3 |
| | Somewhat true | 1,527 | 14.9 |
| | Very true | 142 | 1.4 |

| Question | Response | # | % |
|---|------------------------------------|-------|------|
| 99. How many different sexual partners have you had in the past year (if less than 10, code answers as 00, 01, 02, etc.)? | Average number of sexual partners: | | 1.0 |
| 100. How often did you or your partner use a condom in the past year? | Not sexually active | 4,980 | 48.8 |
| | Never | 2,206 | 21.6 |
| | Sometimes | 1,373 | 13.5 |
| | Mostly | 759 | 7.4 |
| | Always | 885 | 8.7 |
| 101. Sometimes I think that life is not worth it. | Definitely true | 323 | 3.2 |
| | Mostly true | 441 | 4.3 |
| | Mostly not true | 2,193 | 21.4 |
| | Definitely not true | 7,292 | 71.1 |
| 102. At times I think I am no good at all. | Definitely true | 331 | 3.2 |
| | Mostly true | 681 | 6.7 |
| | Mostly not true | 3,699 | 36.2 |
| | Definitely not true | 5,520 | 54.0 |
| 103. All in all, I am inclined to think that I am a failure. | Definitely true | 204 | 2.0 |
| | Mostly true | 561 | 5.5 |
| | Mostly not true | 2,519 | 24.6 |
| | Definitely not true | 6,953 | 67.9 |
| 104. In the past year, have you felt depressed or sad MOST days, even if you felt OK sometimes? | Definitely true | 521 | 5.1 |
| | Mostly true | 1,135 | 11.1 |
| | Mostly not true | 3,024 | 29.5 |
| | Definitely not true | 5,570 | 54.3 |
| 105. How often do you wear a seatbelt when riding in a car driven by someone else? | Never | 156 | 1.5 |
| | Rarely | 377 | 3.7 |
| | Sometimes | 593 | 5.8 |
| | Most of the time | 2,481 | 24.1 |
| | Always | 6,700 | 65.0 |

| Question | Response | # | % |
|---|---------------------------------------|-------|------|
| 106. How often do you wear a seatbelt when driving a car? | Never | 190 | 1.9 |
| | Rarely | 378 | 3.7 |
| | Sometimes | 486 | 4.7 |
| | Most of the time | 1,595 | 15.5 |
| | Always | 7,638 | 74.2 |
| 107. During the past month did you eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight? | No | 5,745 | 55.9 |
| | Yes | 4,535 | 44.1 |
| 108. On how many of the past 7 days did you exercise or participate in physical activity for a total of at least 30 minutes that made you sweat or breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities? | 0 days | 2,223 | 21.7 |
| | 1 day | 1,400 | 13.6 |
| | 2 days | 1,663 | 16.2 |
| | 3 days | 1,921 | 18.7 |
| | 4 days | 1,229 | 12.0 |
| | 5 days | 1,017 | 9.9 |
| | 6 days | 571 | 5.6 |
| | All 7 days | 240 | 2.3 |
| 109. In the past 12 months has a doctor, nurse, or other health professional given you advice about your weight? | Yes, lose weight | 829 | 8.1 |
| | Yes, gain weight | 223 | 2.2 |
| | Yes, maintain weight | 439 | 4.3 |
| | No | 8,787 | 85.5 |
| 110. During the past month, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise? | No | 4,513 | 43.9 |
| | Yes | 5,768 | 56.1 |
| 111. Do you usually wear a helmet when you do the following: | | | |
| a. ride a bicycle | Never | 3,891 | 38.1 |
| | Rarely | 1,466 | 14.3 |
| | Sometimes | 1,032 | 10.1 |
| | Most of the time | 928 | 9.1 |
| | Always | 977 | 9.6 |
| | I do not participate in this activity | 1,928 | 18.9 |

| Question | Response | # | % |
|--|---------------------------------------|-------|------|
| b. snow/winter sports | Never | 4,551 | 44.7 |
| | Rarely | 880 | 8.6 |
| | Sometimes | 523 | 5.1 |
| | Most of the time | 366 | 3.6 |
| | Always | 513 | 5.0 |
| | I do not participate in this activity | 3,350 | 32.9 |
| c. water sports (kayaking, windsurfing, etc.) | Never | 4,300 | 42.4 |
| | Rarely | 640 | 6.3 |
| | Sometimes | 336 | 3.3 |
| | Most of the time | 164 | 1.6 |
| | Always | 210 | 2.1 |
| | I do not participate in this activity | 4,502 | 44.3 |
| d. summer sports not including water sports (skating, rock climbing, etc.) | Never | 4,131 | 40.6 |
| | Rarely | 1,022 | 10.0 |
| | Sometimes | 806 | 7.9 |
| | Most of the time | 490 | 4.8 |
| | Always | 434 | 4.3 |
| | I do not participate in this activity | 3,288 | 32.3 |
| e. motorcycle/scooter riding | Never | 1,328 | 13.0 |
| | Rarely | 518 | 5.1 |
| | Sometimes | 723 | 7.1 |
| | Most of the time | 1,066 | 10.5 |
| | Always | 2,257 | 22.2 |
| | I do not participate in this activity | 4,292 | 42.1 |

| Question | Response | # | % |
|---|--|-------|------|
| 112. During the past 12 months, how many times were you in a physical fight? | 0 times | 9,334 | 90.9 |
| | 1 time | 563 | 5.5 |
| | 2 or 3 times | 251 | 2.4 |
| | 4 or 5 times | 49 | 0.5 |
| | 6 or 7 times | 18 | 0.2 |
| | 8 or 9 times | 10 | 0.1 |
| | 10 or 11 times | 8 | 0.1 |
| | 12 or more times | 35 | 0.3 |
| 113. How have you been feeling during the past week or two? | In excellent spirits | 1,565 | 15.2 |
| | In very good spirits | 3,043 | 29.6 |
| | In good spirits mostly | 3,252 | 31.7 |
| | I have been up and down in spirits a lot | 1,856 | 18.1 |
| | In low spirits mostly | 412 | 4.0 |
| | In very low spirits | 137 | 1.3 |
| 114. Have you been bothered by nervousness or your nerves during the past week or two? | Extremely so -- to the point where I could not work or take care of things | 170 | 1.7 |
| | Very much so | 686 | 6.7 |
| | Quite a bit | 1,013 | 9.9 |
| | Some -- enough to bother me | 1,847 | 18.1 |
| | A little | 4,108 | 40.2 |
| | Not at all | 2,406 | 23.5 |
| 115. Have you been in firm control of your behavior, thoughts, emotions, or feelings during the past week or two? | Yes, definitely so | 3,412 | 33.4 |
| | Yes, for the most part | 3,847 | 37.6 |
| | Generally so | 2,054 | 20.1 |
| | Not to well | 686 | 6.7 |
| | No, and I am somewhat disturbed | 169 | 1.6 |
| | No, and I am very disturbed | 64 | 0.6 |

| Question | Response | # | % |
|--|--|-------|------|
| 116. Have you felt so sad, discouraged, hopeless or had so many problems that you wondered if anything was worthwhile during the past week or two? | Extremely so -- to the point that I have just about given up | 147 | 1.4 |
| | Very much so | 267 | 2.6 |
| | Quite a bit | 466 | 4.6 |
| | Some -- enough to bother me | 925 | 9.1 |
| | A little | 2,495 | 24.5 |
| | Not at all | 5,901 | 57.8 |
| 117. How happy, satisfied, or pleased have you been with your personal life during the past week or two? | Extremely happy -- could not have been more satisfied or pleased | 1,395 | 13.7 |
| | Very happy | 4,038 | 39.6 |
| | Fairly happy | 2,243 | 22.0 |
| | Satisfied, pleased | 985 | 9.7 |
| | Somewhat dissatisfied | 1,204 | 11.8 |
| | Very dissatisfied | 324 | 3.2 |
| 118. Have you been under or felt you were under any strain, stress, or pressure during the past week or two? | Yes, almost more than I can bear or stand | 562 | 5.5 |
| | Yes, quite a bit of pressure | 2,627 | 25.8 |
| | Yes, some -- more than usual | 2,293 | 22.5 |
| | Yes, some -- but about usual | 2,626 | 25.7 |
| | Yes, a little | 1,550 | 15.2 |
| | Not at all | 542 | 5.3 |
| 119. Have you had any reason to wonder if you were losing control over the way you talk, think or feel during the past week or two? | Not at all | 6,331 | 62.2 |
| | Only a little | 1,908 | 18.7 |
| | Some, but not enough to be concerned or worried about | 942 | 9.3 |
| | Some, and I have been a little concerned | 714 | 7.0 |
| | Some, and I am quite concerned | 186 | 1.8 |
| | Yes, very much so and I am very concerned | 99 | 1.0 |

| Question | Response | # | % |
|---|--|-------|------|
| 120. Have you been anxious, worried or upset during the past week or two? | Extremely so, to the point of being sick, or almost sick | 370 | 3.6 |
| | Very much so | 749 | 7.4 |
| | Quite a bit | 1,132 | 11.1 |
| | Some, enough to bother me | 1,894 | 18.6 |
| | A little | 4,269 | 41.9 |
| | Not at all | 1,771 | 17.4 |
| 121. Have you felt down-hearted and blue during the past week or two? | All the time | 139 | 1.4 |
| | Most of the time | 344 | 3.4 |
| | A good bit of the time | 723 | 7.1 |
| | Some of the time | 1,659 | 16.3 |
| | A little of the time | 4,270 | 41.9 |
| | None of the time | 3,045 | 29.9 |
| 122. Have you been feeling emotionally stable and sure of yourself during the past week or two? | All the time | 2,309 | 22.7 |
| | Most of the time | 4,385 | 43.1 |
| | A good bit of the time | 1,109 | 10.9 |
| | Some of the time | 1,161 | 11.4 |
| | A little of the time | 777 | 7.6 |
| | None of the time | 432 | 4.2 |

| Question | Response | # | % |
|--|---|-------------------|------|
| 123. The next questions are about the foods that you usually eat or drink. Please indicate how often you eat or drink each one, for example, 2 per day OR 3 per week, OR 1 per month, and so forth. RECORD ONLY ONE ANSWER FOR EACH QUESTION. Include all food you eat, both at home and away from home. | | | |
| | a. How often do you drink fruit juices such as orange, grapefruit, or tomato? | Average per week: | 4.71 |
| | b. Not counting juice, how often do you eat fruit? | Average per week: | 7.64 |
| | c. How often do you eat green salad? | Average per week: | 3.52 |
| | d. How often do you eat potatoes not including french fries, fried potatoes, or potato chips? | Average per week: | 3.05 |
| | e. How often do you eat carrots? | Average per week: | 3.12 |